

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 7 - 50 Metre Sprint**

Zone: Z 9.04 30/01/2010 C.Kennedy, Quakers Hill			
Name	Age	Centre	Final
Section 1			
1 Emilia Dorahy		Hills District	9.86
2 Harper Saab		Winston Hills	10.16
3 Bela Banjac		Hills District	10.47
4 Lilianna Makira		Winston Hills	10.64
5 April McCarthy		Hawkesbury City	10.93
6 Victoria Walker		Hills District	11.76
Section 2			
1 Matilda Hay		Riverstone	9.88
2 Annabelle Sprem		Hills District	9.97
3 Darcie Kearney		Rouse Hill Rams	10.03
4 Helena Todd		Hills District	10.71
5 Annabelle Price		Kings Langley	11.04
6 Adelaide Biermann		Rouse Hill Rams	11.17

Girls U 7 - 70 Metre Sprint

Zone: Z 11.40 1/01/1984 A.Davis, Hills			
Name	Age	Centre	Final
Section 1			
1 Holly Laider		Hawkesbury City	13.25
2 Safia Aydin		Rouse Hill Rams	13.32
3 Neve Rose		Rouse Hill Rams	13.68
4 Tisya Patel		Hills District	14.63
5 Annabelle Sprem		Hills District	14.77
6 Lucinda Fallins		Winston Hills	14.97
7 Adelaide Biermann		Rouse Hill Rams	15.60
Section 2			
1 Maddison Thomas		Hills District	13.01
2 Hannah Johnston		Winston Hills	13.17
3 Helena Todd		Hills District	14.18
4 Lilianna Makira		Winston Hills	14.34
5 Harper Saab		Winston Hills	14.45

Girls U 8 - 70 Metre Sprint

Zone: Z 10.60 1/01/1986 D Kerr, Winston Hills			
Name	Age	Centre	Final
Section 1			
1 Savannah Cox		Hawkesbury City	11.93
2 Mikayla White		Rouse Hill Rams	12.74
3 Arianna Tandog		Hills District	12.81
4 Alexandria Stevens		Hills District	12.83
5 Seville Pace		Hills District	13.53
6 Piper Andrews		Winston Hills	13.60
7 Lorraine East		Winston Hills	14.30
Section 2			
1 Jayda Isherwood		Winston Hills	11.77
2 Lilla Van Ross		Hills District	11.87
3 Edwina Biermann		Rouse Hill Rams	13.07
4 Lucia Rogulski		Hills District	13.13
5 Brielle Athans		Hawkesbury City	13.25
6 Hannah Zhou		Hills District	15.68

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 9 - 70 Metre Sprint**

Zone: Z 10.69 13/12/2015 Tuliana Kabuyawa, Hills Distr			
Name	Age	Centre	Final
Section 1			
1 Stephanie Xu		Hills District	11.41
2 Lila Oliver		Hills District	11.55
3 Hannah Baker		Rouse Hill Rams	11.67
4 Krystal Emme		Hawkesbury City	11.96
5 Lacey Athans		Hawkesbury City	12.14
6 Chloe McArtney		Hills District	12.15
Section 2			
1 Lucy Sherwood		Hills District	11.24
2 Ava Cetinic		Hills District	11.79
3 Hanna Russ		Kings Langley	12.68
4 Jolene Dielle Corpus		Winston Hills	12.73
5 Paige Jones		Riverstone	13.22

Girls U 10 - 70 Metre Sprint

Zone: Z 9.80 1/02/1997 A Kerr, Winston Hills			
Name	Age	Centre	Final
Section 1			
1 Summer Paki		Hills District	10.79
2 Amelia Johnston		Winston Hills	10.84
3 Charlotte Scott-Rogers		Hills District	11.22
4 Scarlett Zubrycki		Hawkesbury City	11.38
5 Marli-jae Waters		Hawkesbury City	11.54
6 Mikaela McDonald		Riverstone	17.49
Section 2			
1 Cheyenne Sinteur		Hills District	10.84
2 Alexandra Kostis		Hills District	11.10
3 Amber Porch		Hills District	11.14
4 Katherine Furno		Winston Hills	11.96
5 Jade Tan		Hills District	12.10

Girls U 7 - 100 Metre Sprint

Zone: Z 16.30 1/01/1985 D.Kerr, Winston Hills			
Name	Age	Centre	Final
Section 1			
1 Maddison Thomas		Hills District	18.77
2 Darcie Kearney		Rouse Hill Rams	19.74
3 Matilda Hay		Riverstone	19.93
4 Tisya Patel		Hills District	21.05
5 Lilianna Makira		Winston Hills	21.13
6 Annabelle Sprem		Hills District	21.34
7 Imogen Carter		Winston Hills	21.85
8 Victoria Walker		Hills District	22.86
Section 2			
1 Holly Laider		Hawkesbury City	18.79
2 Hannah Johnston		Winston Hills	18.90
3 Harper Saab		Winston Hills	20.35
4 Bela Banjac		Hills District	21.44
5 Charlie Davis		Hills District	22.95
6 Jemima Webber		Winston Hills	24.04

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 8 - 100 Metre Sprint**

Zone: Z 15.40 1/01/1980 A Parker, Hills			
Name	Age	Centre	Final
Section 1			
1 Jayda Isherwood		Winston Hills	17.11
2 Lilla Van Ross		Hills District	17.11
3 Quinn Bombardiere		Kings Langley	18.07
4 Olivia Ferns		Hills District	18.17
5 Ella Greely		Hills District	19.22
6 Dayna Mills		Rouse Hill Rams	19.38
7 Rachel Furno		Winston Hills	19.43
Section 2			
1 Emily West		Hills District	16.91
2 Tahila Chapman		Hawkesbury City	17.14
3 Savannah Cox		Hawkesbury City	17.35
4 Kiara Haywood		Winston Hills	17.87
5 Alexandria Stevens		Hills District	18.21
6 Lily Cassar		Hills District	18.55
7 Maycee Saunders		Kings Langley	18.85

Girls U 9 - 100 Metre Sprint

Zone: Z 14.30 1/01/1981 L Whiteside, Winston Hills			
Name	Age	Centre	Final
Section 1			
1 Stephanie Xu		Hills District	16.67
2 Annika Rajan		Winston Hills	16.80
3 Krystal Emme		Hawkesbury City	17.38
4 Lacey Athans		Hawkesbury City	17.50
5 Ava Chapman Read		Hills District	17.88
6 Mila Vuk -luboya		Winston Hills	17.97
7 Summer Hay		Riverstone	18.09
8 Jolene Dielle Corpus		Winston Hills	18.26
9 Nikita Rolfe		Hawkesbury City	21.22
Section 2			
1 Lucy Sherwood		Hills District	15.96
2 Ava Vengoa		Hills District	16.82
3 Ava Cetinic		Hills District	17.06
4 Lila Oliver		Hills District	17.09
5 Miranda Miller		Kings Langley	17.36
6 Portia Kearney		Rouse Hill Rams	17.87
7 Jacyrae Brown		Hawkesbury City	17.98
8 Matilda Smith		Kings Langley	20.23
9 Mikayla Wells		Winston Hills	20.63

Girls U 10 - 100 Metre Sprint

Zone: Z 13.70 1/02/1997 A Kerr, Winston Hills			
Name	Age	Centre	Final
Section 1			
1 Olivia Scott-Rogers		Hills District	14.75
2 Tamara Davies		Hawkesbury City	15.71
3 Cheyenne Sinteur		Hills District	16.01
4 Charlotte Scott-Rogers		Hills District	16.01
5 Tara Roche		Hills District	16.22
6 Olivia Jones		Riverstone	16.82
7 Scarlett Zubrycki		Hawkesbury City	16.99

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS

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Results

....Girls U 10 - 100 Metre Sprint

8	Tara Borg	Kings Langley	17.99
9	Harshinisri Rajesh Kumar	Kings Langley	20.81
Section 2			
1	Emelia Muccino	Winston Hills	15.42
2	Breanna Pace	Hills District	15.47
3	Amelia Johnston	Winston Hills	15.85
4	Alexandra Kostis	Hills District	15.92
5	Amber Haywood	Winston Hills	16.95
6	Hanna Roseby	Riverstone	17.03
7	Katherine Furno	Winston Hills	17.35
8	Isobel Deane	Rouse Hill Rams	17.73
9	Madison Reynolds	Winston Hills	18.32

Girls U 11 - 100 Metre Sprint

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 Zone: Z 13.69 1/01/1987 B Page, Hills
 Name Age Centre Final
 =====

Section 1			
1	Hanna Lewis	Rouse Hill Rams	15.01
2	Elanur Kadayifci	Hills District	15.23
3	Sophie Saxon	Hills District	15.37
4	Isabella West	Hills District	15.89
5	Charlie Gravina	Rouse Hill Rams	15.97
6	Abigail Lord	Hawkesbury City	16.73
7	Sehejta Kaur	Winston Hills	17.06
8	Matilda Newsome	Kings Langley	17.73
Section 2			
1	Flynn Cowper	Rouse Hill Rams	14.56
2	Allegra Zubrycki	Hawkesbury City	14.81
3	Lia Firer	Hills District	14.83
4	Annabelle Casey	Winston Hills	15.48
5	Victoria Dunn	Hawkesbury City	15.67
6	Carissa Lewis	Hills District	15.95
7	Evangeline Everson	Hills District	16.32
8	Ashlynn Hill	Hawkesbury City	16.96

Girls U 12 - 100 Metre Sprint

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 Zone: Z 13.20 1/01/1986 A Coupland, Hills
 Name Age Centre Final
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Section 1			
1	Madison Cantor	Hills District	14.24
2	Siena Overton	Winston Hills	14.45
3	Makayla Allen	Riverstone	14.67
4	Lily Moore	Kings Langley	14.96
5	Ella Mulry	Kings Langley	15.90
6	Alicia Illangantilake	Hills District	16.37
Section 2			
1	Mikayla Muscat	Hills District	14.01
2	Marlee Deane	Rouse Hill Rams	14.89
3	Lily Johnston	Winston Hills	14.90
4	Lily Caines	Rouse Hill Rams	15.14
5	Adelayde Baker	Kings Langley	15.84
6	Allyra Hill	Hawkesbury City	15.94
7	Suraya Rahmati-Zaran	Hills District	17.86

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 13 - 100 Metre Sprint**

Zone: Z 12.60 2/02/1991 D Kerr, Winston Hills			
Name	Age	Centre	Final
Section 1			
1 Claire Potts		Hawkesbury City	14.89
2 Jenna Lean		Rouse Hill Rams	15.31
3 Jordan McPherson		Rouse Hill Rams	15.48
4 Emily Nolan		Rouse Hill Rams	15.94
5 Mackenzie Clifford-Farre		Kings Langley	16.07
6 Grace Nolan		Rouse Hill Rams	16.41
7 Amelia Odell		Rouse Hill Rams	17.05
8 Daphne Joie Corpus		Winston Hills	17.06
Section 2			
1 Joelle Tham		Hills District	13.83
2 Annissa Quee		Hills District	13.97
3 Jaedin Le Marseny		Hills District	14.23
4 Lillyann Wilson		Hawkesbury City	14.88
5 Piper Robertson		Kings Langley	15.19
6 Bianca Hinchcliffe		Winston Hills	15.43
7 Monique Gordon		Riverstone	15.80
8 Emma Lange		Rouse Hill Rams	15.80

Girls U 14 - 100 Metre Sprint

Zone: Z 12.40 27/10/2003 A Kerr, Winston Hills			
Name	Age	Centre	Final
Section 1			
1 Ainslie McNally		Hills District	12.81
2 Audrey Nadaya-Harb		Winston Hills	13.39
3 Liviya Ho		Hills District	14.07
4 Elle Brooks		Hawkesbury City	14.17
5 Amy Galea		Hawkesbury City	14.48
6 Farah Rahmati-Zaran		Hills District	15.08
Section 2			
1 Tuliana Kabuyawa		Hills District	12.58
2 Talahn Paki		Hills District	12.68
3 Rachel Bardney		Winston Hills	13.51
4 Devni Kumarage		Hills District	13.56

Girls U 15 - 100 Metre Sprint

Zone: Z 12.50 6/02/1993 D Kerr, Winston Hills			
Name	Age	Centre	Final
Section 1			
1 Lauryn Kasozi		Hills District	13.03
2 Emmanuella Albert-Ikolo		Hills District	14.05
3 Eva Erdogan		Winston Hills	14.22
4 Lilly Ritchie		Hawkesbury City	14.53
5 Simarpreet Kaur Gill		Hills District	14.65

Girls U 17 - 100 Metre Sprint

Zone: Z 12.33 14/12/2019 Erin Graham, Hawkesbury City			
Name	Age	Centre	Final
1 Erin Graham		Hawkesbury City	12.33Z
2 Emily Page		Hills District	12.61

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Girls U 17 - 100 Metre Sprint**

3	Jorja Wilson	Winston Hills	12.81
4	Chanelle Odendaal	Rouse Hill Rams	12.92
5	Tayla Homsy	Hawkesbury City	13.12
6	Annika Ward	Kings Langley	14.48

Girls U 7 - 200 Metre Sprint

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Zone: Z 33.70 30/01/2000 A.Ashton, Kings Langley			
Name	Age	Centre	Final
=====			
1	Maddison Thomas	Hills District	39.12
2	Hannah Johnston	Winston Hills	39.21
3	Emilia Dorahy	Hills District	40.01
4	Holly Laider	Hawkesbury City	40.03
5	Keira Gill	Riverstone	42.91
6	Lilianna Makira	Winston Hills	44.85
7	Isabel Vida-Fong	Hills District	44.98

Girls U 8 - 200 Metre Sprint

=====			
Zone: Z 25.91 14/12/2014 Alannah Ellis, Hills District			
Name	Age	Centre	Final
=====			
1	Emily West	Hills District	35.06
2	Lilla Van Ross	Hills District	36.72
3	Tahila Chapman	Hawkesbury City	37.16
4	Olivia Ferns	Hills District	38.40
5	Kiara Haywood	Winston Hills	38.84
6	Emily Eales	Hills District	42.02

Section 2

1	Quinn Bombardiere	Kings Langley	37.49
2	Mikayla White	Rouse Hill Rams	39.20
3	Lauren Myhre Fox	Hills District	40.29
4	Seville Pace	Hills District	41.34
5	Piper Andrews	Winston Hills	41.97
6	Sara Haaf	Winston Hills	47.27

Girls U 9 - 200 Metre Sprint

=====			
Zone: Z 31.20 1/01/1987 D Kerr, Winston Hills			
Name	Age	Centre	Final
=====			
Section 1			
1	Lucy Sherwood	Hills District	34.06
2	Eva McKenzie	Hills District	35.13
3	Stephanie Xu	Hills District	36.83
4	Evelyn White	Rouse Hill Rams	38.63
5	Katty Naylor Eyles	Winston Hills	39.13
6	Somer Zapatero	Winston Hills	39.31
7	Chloe Hopwood	Winston Hills	42.64

Section 2

1	Madison Harris	Hills District	33.70
2	Ella Catford	Hills District	35.36
3	Jacyrae Brown	Hawkesbury City	37.29
4	Summer Brook	Rouse Hill Rams	37.29
5	Lacey Athans	Hawkesbury City	37.53
6	Mila Vuk -luboya	Winston Hills	38.26
7	Jolene Dielle Corpus	Winston Hills	39.08

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 10 - 200 Metre Sprint**

Zone: Z 29.50 1/01/1983 D Waltmann, Lalor Park			
Name	Age	Centre	Final
Section 1			
1 Emelia Muccino		Winston Hills	32.44
2 Tabitha Broughton		Hawkesbury City	33.49
3 Amelia Johnston		Winston Hills	33.97
4 Marli-jae Waters		Hawkesbury City	35.86
5 Zoe Hobart		Hills District	37.88
6 Lingyue Zhang		Hills District	37.99
7 Harshinisri Rajesh Kumar		Kings Langley	45.02
Section 2			
1 Breanna Pace		Hills District	32.50
2 Alexandra Kostis		Hills District	33.62
3 Lily Golding		Hills District	35.21
4 Amber Porch		Hills District	35.24
5 Hanna Roseby		Riverstone	35.78
6 Caitlyn Ligertwood		Kings Langley	36.07
7 Emilia Rebaza		Winston Hills	36.57

Girls U 11 - 200 Metre Sprint

Zone: Z 28.74 10/12/2017 tuliana kabuyawa, Hills Distr			
Name	Age	Centre	Final
Section 1			
1 Jordyn Deen		Hills District	30.13
2 Flynn Cowper		Rouse Hill Rams	30.63
3 Allegra Zubrycki		Hawkesbury City	31.56
4 Annabelle Casey		Winston Hills	33.12
5 Carissa Lewis		Hills District	33.14
6 Charli Lobsey		Winston Hills	34.44
7 Abigail Simiana		Hawkesbury City	34.61
Section 2			
1 Lia Firer		Hills District	31.34
2 Hanna Lewis		Rouse Hill Rams	32.56
3 Isabella West		Hills District	32.76
4 Sophie Saxon		Hills District	32.91
5 Gabriela Ribeiro		Hills District	34.24
6 Claire Kelly		Kings Langley	36.67
7 Abigail Lord		Hawkesbury City	36.89

Girls U 12 - 200 Metre Sprint

Zone: Z 27.10 30/01/1999 M Riley, Hills			
Name	Age	Centre	Final
Section 1			
1 Siena Overton		Winston Hills	29.94
2 Madison Cantor		Hills District	30.18
3 Lily Caines		Rouse Hill Rams	31.50
4 Andrea Plaatjes		Kings Langley	32.51
5 Allyra Hill		Hawkesbury City	33.79
Section 2			
1 Mikayla Muscat		Hills District	28.91
2 Lily Johnston		Winston Hills	29.71
3 Marlee Deane		Rouse Hill Rams	30.70
4 Makayla Allen		Riverstone	31.23
5 Makee Samia		Hills District	33.90

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 13 - 200 Metre Sprint**

Zone: Z 26.57 9/12/2018 Tuliana Kabuyawa, Hills Distr			
Name	Age	Centre	Final
Section 1			
1 Pyper Marchant		Hills District	27.72
2 Annissa Quee		Hills District	27.87
3 Joelle Tham		Hills District	28.39
4 Felicity East		Winston Hills	32.18
5 Emma Lange		Rouse Hill Rams	35.70
6 Grace Nolan		Rouse Hill Rams	36.56
Section 2			
1 Jaedin Le Marseny		Hills District	28.51
2 Lillyann Wilson		Hawkesbury City	30.41
3 Jenna Lean		Rouse Hill Rams	31.36
4 Bianca Hinchcliffe		Winston Hills	31.76
5 Naia Lopez		Hills District	32.59
6 Sienna Khawaga		Winston Hills	38.38

Girls U 14 - 200 Metre Sprint

Zone: Z 25.90 30/01/1998 P Carey, Hills			
Name	Age	Centre	Final
Section 1			
1 Ainslie McNally		Hills District	26.94
2 Avalene Tandog		Hills District	28.44
3 Keira Murphy		Hills District	29.26
4 Elle Brooks		Hawkesbury City	29.92
5 Amy Galea		Hawkesbury City	30.72
6 Farah Rahmati-Zaran		Hills District	30.91
Section 2			
1 Tuliana Kabuyawa		Hills District	26.91
2 Angelique Skapetis		Hills District	29.54
3 Hayley Charlwood		Winston Hills	29.97
4 Jessica Astill		Hawkesbury City	32.32

Girls U 15 - 200 Metre Sprint

Zone: Z 26.15 9/12/2018 Jorja Wilson, Winston Hills			
Name	Age	Centre	Final
Section 1			
1 Lauryn Kasozi		Hills District	26.78
2 Aleshia Atkinson		Hills District	28.04
3 Carissa Anderson		Winston Hills	29.21
4 Emmanuella Albert-Ikolo		Hills District	29.93
5 Eva Erdogan		Winston Hills	29.98
6 Zara Novkovic		Winston Hills	31.78

Girls U 17 - 200 Metre Sprint

Zone: Z 25.58 15/12/2019 Erin Graham, Hawkesbury City			
Name	Age	Centre	Final
1 Erin Graham		Hawkesbury City	25.58Z
2 Emily Page		Hills District	26.55
3 Tayla Homsy		Hawkesbury City	27.18
4 Jasmine Brown		Hawkesbury City	29.20

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 8 - 400 Metre Sprint**

Zone: Z 1:17.12 31/01/2004 M Souter, Winston Hills			
Name	Age	Centre	Final
=====			
1 Emily West		Hills District	1:23.07
2 Tahila Chapman		Hawkesbury City	1:27.77
3 Olivia Ferns		Hills District	1:28.01
4 Seville Pace		Hills District	1:40.27
5 Gemma Fisher		Hills District	1:46.79
Section 2			
1 Chloe Harkin		Hills District	1:25.94
2 Mikayla White		Rouse Hill Rams	1:30.43
3 Emma Ostler		Hills District	1:30.78
4 Elly Islip		Winston Hills	1:31.91
5 Evie Barry		Winston Hills	1:39.94
6 Mackenzie Kitching		Riverstone	1:45.79
7 Kiara Haywood		Winston Hills	1:47.86
8 Sara Haaf		Winston Hills	1:56.64

Girls U 9 - 400 Metre Sprint

Zone: Z 1:10.40 1/01/1980 N Stenberg, Hills			
Name	Age	Centre	Final
=====			
Section 1			
1 Madison Harris		Hills District	1:17.34
2 Ava Vengoa		Hills District	1:24.95
3 Zoe McGrath		Hills District	1:26.17
Section 2			
1 Eva McKenzie		Hills District	1:19.67
2 Ella Catford		Hills District	1:22.86
3 Nellie Hendrikse		Winston Hills	1:30.46
4 Cassidy Southwood		Hills District	1:35.16
5 Mia Totsis		Rouse Hill Rams	1:37.58
6 Maeve Nolan		Winston Hills	1:43.12
Section 3			
1 Zahra Calder		Riverstone	1:20.09
2 Ella Caines		Rouse Hill Rams	1:33.72
3 Katty Naylor Eyles		Winston Hills	1:33.95
4 Evelyn White		Rouse Hill Rams	1:34.07
5 Mila Vuk -luboya		Winston Hills	1:38.62
6 Chloe Hopwood		Winston Hills	1:43.49

Girls U 10 - 400 Metre Sprint

Zone: Z 1:10.01 31/01/2009 S De Sliva, Winston Hills			
Name	Age	Centre	Final
=====			
Section 1			
1 Breanna Pace		Hills District	1:14.32
2 Tabitha Broughton		Hawkesbury City	1:20.22
3 Amber Porch		Hills District	1:27.33
4 Ella Li		Hills District	1:28.57
5 Lingyue Zhang		Hills District	1:30.06
Section 2			
1 Emelia Muccino		Winston Hills	1:12.35
2 Charlotte Scott-Rogers		Hills District	1:22.48
3 Lily Golding		Hills District	1:27.54
4 Olivia Jones		Riverstone	1:27.86
5 Isobel Deane		Rouse Hill Rams	1:27.87

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Girls U 10 - 400 Metre Sprint**

6 Ella Christie	Winston Hills	1:34.72
7 Alannah Webber	Winston Hills	1:37.27

Girls U 11 - 400 Metre Sprint

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Zone: Z 1:06.00 1/01/1982 N Stenberg, Hills			
Name	Age	Centre	Final
=====			
Section 1			
1 Ashlyn Kelly		Hills District	1:12.57
2 Lia Firer		Hills District	1:13.02
Section 2			
1 Jordyn Deen		Hills District	1:10.44
2 Lacey Wynne		Kings Langley	1:19.17
3 Matilda Webb		Winston Hills	1:20.11
4 Lara Roberts		Riverstone	1:22.80
5 Sehejta Kaur		Winston Hills	1:26.04
6 Matilda Newsome		Kings Langley	1:28.97

Girls U 12 - 400 Metre Sprint

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Zone: Z 1:04.90 1/01/1983 N Stenberg, Hills			
Name	Age	Centre	Final
=====			
Section 1			
1 Andrea Plaatjes		Kings Langley	1:16.07
2 Ella Mulry		Kings Langley	1:23.58
Section 2			
1 Mikayla Muscat		Hills District	1:09.14
2 Lily Caines		Rouse Hill Rams	1:11.60
3 Lily Johnston		Winston Hills	1:11.80
4 Summer Hupfeld		Rouse Hill Rams	1:13.90
5 Opal Whittam		Kings Langley	1:15.82
6 Siena Overton		Winston Hills	1:17.22
7 Makee Samia		Hills District	1:20.78

Girls U 13 - 400 Metre Sprint

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Zone: Z 1:02.04 30/01/2004 P Rom, Winston Hills			
Name	Age	Centre	Final
=====			
Section 1			
1 Annissa Quee		Hills District	1:08.50
2 Leah Nixon		Winston Hills	1:21.25
3 Abigail Cooper		Rouse Hill Rams	1:23.51
4 Kathryn Thomas		Winston Hills	1:26.35
5 Sienna Khawaga		Winston Hills	1:33.39
Section 2			
1 Pyper Marchant		Hills District	1:04.83
2 Jaedin Le Marseny		Hills District	1:06.42
3 Emanuella Johnson		Kings Langley	1:10.61
4 Lilly Calder		Riverstone	1:12.79
5 Charlotte McClelland		Hills District	1:15.53
6 Naia Lopez		Hills District	1:17.90

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 14 - 400 Metre Sprint**

Zone: Z 1:00.80 1/01/1989 K Clemens, Hills			
Name	Age	Centre	Final
Section 1			
1 Chelsea Olbrich		Riverstone	1:10.42
2 Farah Rahmati-Zaran		Hills District	1:13.94
3 Chelsea Roberts		Riverstone	1:20.39
Section 2			
1 Ainslie McNally		Hills District	1:01.76
2 Talahn Paki		Hills District	1:02.69
3 Hayley Schultz		Hills District	1:04.75
4 Avalene Tandog		Hills District	1:05.66
5 Keira Murphy		Hills District	1:06.21
6 Marley McKenzie		Hills District	1:07.54
7 Angelique Skapetis		Hills District	1:08.84

Girls U 15 - 400 Metre Sprint

Zone: Z 59.30 3/02/1996 S Lapham, Hills			
Name	Age	Centre	Final
Section 1			
1 Lana Page		Hills District	1:04.39
2 Aleshia Atkinson		Hills District	1:05.12
3 Holly Dalrymple		Hawkesbury City	1:05.77
4 Penny Graham		Hawkesbury City	1:10.08
5 Eva Erdogan		Winston Hills	1:13.88

Girls U 17 - 400 Metre Sprint

Zone: Z 1:00.70 10/12/2016 Rowena Milliss, Winston Hil			
Name	Age	Centre	Final
1 Emily Page		Hills District	1:04.33
2 Emalee Olbrich		Riverstone	1:04.87
3 Emma del Rosario		Hills District	1:09.17
4 Jasmine Brown		Hawkesbury City	1:09.25
5 Caitlin Robertson		Hills District	1:13.23

Girls U 7 - 500 Metre Run Pack Start

Zone: Z 1:37.80 1/01/1988 S Lapham, Hills			
Name	Age	Centre	Final
1 Hannah Johnston		Winston Hills	2:07.95
2 Emilia Dorahy		Hills District	2:08.62
3 Keira Gill		Riverstone	2:11.90
4 Sarah Wallace		Winston Hills	2:13.50
5 Imogen Carter		Winston Hills	2:15.92
6 Isabel Vida-Fong		Hills District	2:28.15
7 April McCarthy		Hawkesbury City	2:32.82
8 Charlie Davis		Hills District	2:32.96
9 Jemima Webber		Winston Hills	2:35.96
10 Annabelle Price		Kings Langley	2:40.03

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 8 - 700 Metre Run Pack Start**

Zone: Z 2:18.10 16/12/1991 K Drennan, Hills			
Name	Age	Centre	Final
1	Chloe Harkin	Hills District	2:46.62
2	Tahila Chapman	Hawkesbury City	2:50.23
3	Olivia Ferns	Hills District	2:50.38
4	Elly Islip	Winston Hills	2:54.49
5	Emma Ostler	Hills District	3:03.68
6	Lauren Myhre Fox	Hills District	3:06.01
7	Stella Dobson	Hills District	3:08.69
8	Georgia Gillogly	Hills District	3:09.52
9	Evie Barry	Winston Hills	3:13.80
10	Rachel Furno	Winston Hills	3:13.85

Girls U 9 - 800 Metre Run

Zone: Z 2:41.00 1/01/1980 N Stenberg, Hills			
Name	Age	Centre	Final
1	Zahra Calder	Riverstone	2:54.60
2	Madison Harris	Hills District	2:57.97
3	Eva McKenzie	Hills District	3:04.95
4	Jacyrae Brown	Hawkesbury City	3:10.02
5	Ava Vengoa	Hills District	3:18.28
6	Summer Brook	Rouse Hill Rams	3:23.71
7	Zoe McGrath	Hills District	3:28.00
8	Layne Swan	Hills District	3:29.97
9	Ella Caines	Rouse Hill Rams	3:31.52
10	Katty Naylor Eyles	Winston Hills	3:31.63
11	Maeve Nolan	Winston Hills	3:57.84
12	Chloe Hopwood	Winston Hills	4:03.56
13	Harmony Waters	Hawkesbury City	4:08.86

Girls U 10 - 800 Metre Run

Zone: Z 2:40.40 1/01/1985 K Clemens, Lalor Park			
Name	Age	Centre	Final
1	Olivia Scott-Rogers	Hills District	2:49.68
2	Emelia Muccino	Winston Hills	2:52.92
3	Tabitha Broughton	Hawkesbury City	2:55.37
4	Charlotte Scott-Rogers	Hills District	3:04.24
5	Amelia Hicroft	Kings Langley	3:08.25
6	Amber Haywood	Winston Hills	3:15.88
7	Caitlyn Ligertwood	Kings Langley	3:24.56
8	Amber Porch	Hills District	3:25.50
9	Isobel Deane	Rouse Hill Rams	3:29.93
10	Lily Golding	Hills District	3:30.80
11	Lingyue Zhang	Hills District	3:35.79
12	Zoe Hobart	Hills District	3:36.35
13	Ella Christie	Winston Hills	3:36.62
14	Alannah Webber	Winston Hills	3:40.46

Girls U 11 - 800 Metre Run

Zone: Z 2:33.90 1/01/1981 C Hauser, Hills			
Name	Age	Centre	Final
1	Ashlyn Kelly	Hills District	2:50.79

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Girls U 11 - 800 Metre Run**

2 Allegra Zubrycki	Hawkesbury City	2:51.03
3 Taylor Hills	Hills District	2:55.09
4 Lacey Wynne	Kings Langley	3:02.09
5 Abigail Simiana	Hawkesbury City	3:07.94
6 Matilda Webb	Winston Hills	3:08.07
7 Ruby Scheepers	Hills District	3:10.48
8 Nicole Grima	Riverstone	3:30.03

Girls U 12 - 800 Metre Run

Zone: Z 2:26.00 1/01/1985 A Harrison, Hills

Name	Age Centre	Final
1 April Anderson	Hills District	2:50.23
2 Lily Caines	Rouse Hill Rams	2:51.51
3 Holly Gersbach	Winston Hills	2:56.26
4 Isabella Henderson	Winston Hills	3:05.95
5 Hayley Wallace	Winston Hills	3:09.15
6 Ella Mulry	Kings Langley	3:16.00
7 Jessica White	Rouse Hill Rams	3:33.32
8 Roj Carimi	Kings Langley	3:39.89
9 Emma Ward	Hawkesbury City	3:47.61
10 Claire Giffney	Kings Langley	3:56.78

Girls U 13 - 800 Metre Run

Zone: Z 2:22.60 1/01/1988 K Clemens, Hills

Name	Age Centre	Final
1 Sophie Schultz	Hills District	2:26.74
2 Olivia Bloem	Hills District	2:33.29
3 Lilly Calder	Riverstone	2:49.39
4 Charlotte McClelland	Hills District	2:52.33
5 Tilly Long	Hills District	2:56.83
6 Abigail Cooper	Rouse Hill Rams	3:04.63
7 Rojin Carimi	Kings Langley	3:08.29
8 Tia Post	Hills District	3:16.18
9 Ashlynn Webber	Winston Hills	3:17.67
10 Michaela Heys	Rouse Hill Rams	3:18.07
11 Kathryn Thomas	Winston Hills	3:23.24
12 Samantha Torrens	Winston Hills	3:25.19
13 Sienna Khawaga	Winston Hills	3:27.65

Girls U 14 - 800 Metre Run

Zone: Z 2:20.60 1/01/1989 K Clemens, Hills

Name	Age Centre	Final
1 Ella Munroe	Hills District	2:28.42
2 Lucie Francis	Winston Hills	2:33.04
3 Angelique Skapetis	Hills District	2:35.39
4 Marley McKenzie	Hills District	2:37.88
5 Keira Murphy	Hills District	2:41.15
6 Aoife Collins	Hills District	2:41.63
7 Chelsea Olbrich	Riverstone	2:43.99
8 Farah Rahmati-Zaran	Hills District	2:59.90
9 Natarsha Skapetis	Hills District	3:06.41
10 Leilani Platon	Hills District	3:14.94
11 Kailey Webber	Winston Hills	3:23.45

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 15 - 800 Metre Run**

Zone: Z 2:18.30 1/01/1996 S Lapham, Hills			
Name	Age	Centre	Final
1 Catherine Richter		Hills District	2:24.16
2 Holly Dalrymple		Hawkesbury City	2:30.16
3 Lana Page		Hills District	2:34.75
4 Penny Graham		Hawkesbury City	2:48.79
5 Chelsey Torrens		Winston Hills	3:03.09
6 Simarpreet Kaur Gill		Hills District	3:12.40

Girls U 17 - 800 Metre Run

Zone: Z 2:24.11 9/12/2012 Sarah Marvin, Winston Hills			
Name	Age	Centre	Final
1 Emalee Olbrich		Riverstone	2:28.87
2 Zara Munroe		Hills District	2:37.70
3 Jasmine Brown		Hawkesbury City	2:58.93
4 Brooke Dickson		Kings Langley	3:35.82

Girls U 11 - 1500 Metre Run

Zone: Z 5:16.70 1/01/1986 E Simpson, Winston Hills			
Name	Age	Centre	Final
1 Ashlyn Kelly		Hills District	5:54.19
2 Taylor Hills		Hills District	5:57.62
3 Elanur Kadayifci		Hills District	6:01.21
4 Ruby Scheepers		Hills District	6:22.53
5 Tayla Dobson		Hills District	7:30.00

Girls U 12 - 1500 Metre Run

Zone: Z 4:59.00 1/01/1980 S Everitt, Hills			
Name	Age	Centre	Final
1 Summer Hupfeld		Rouse Hill Rams	5:39.59
2 April Anderson		Hills District	6:05.00
3 Isabella Henderson		Winston Hills	6:07.84
4 Holly Gersbach		Winston Hills	6:09.82
5 Hayley Wallace		Winston Hills	6:22.52
6 Opal Whittam		Kings Langley	6:38.67
7 Emma Ward		Hawkesbury City	8:29.42

Girls U 13 - 1500 Metre Run

Zone: Z 4:57.50 1/01/1986 A Harrison, Hills			
Name	Age	Centre	Final
1 Sophie Schultz		Hills District	5:10.58
2 Olivia Bloem		Hills District	5:18.54
3 Charlotte McClelland		Hills District	5:56.13
4 Amber Luchtmeijer		Winston Hills	6:14.67
5 Samantha Torrens		Winston Hills	6:23.01
6 Tia Post		Hills District	6:37.75
7 Rojin Carimi		Kings Langley	6:40.14
8 Abigail Cooper		Rouse Hill Rams	6:47.61
9 Kathryn Thomas		Winston Hills	6:55.89
10 Ashlynn Webber		Winston Hills	6:58.65

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 14 - 1500 Metre Run**

Zone: Z 4:52.70 14/12/2013 Leena Yang, Hills District			
Name	Age	Centre	Final
1	Lucie Francis	Winston Hills	5:17.09
2	Ella Munroe	Hills District	5:18.38
3	Marley McKenzie	Hills District	5:21.35
4	Angelique Skapetis	Hills District	5:29.71
5	Aoife Collins	Hills District	5:31.67
6	Chelsea Olbrich	Riverstone	5:33.85
7	Amelie Moulin	Hills District	6:06.50
8	Macy Brook	Rouse Hill Rams	6:12.18
9	Natarsha Skapetis	Hills District	6:15.02
10	Leilani Platon	Hills District	6:58.72
11	Kailey Webber	Winston Hills	7:00.29

Girls U 15 - 1500 Metre Run

Zone: Z 4:58.60 30/01/2009 S Bright, Hills			
Name	Age	Centre	Final
1	Catherine Richter	Hills District	5:07.27
2	Holly Dalrymple	Hawkesbury City	5:12.96
3	Penny Graham	Hawkesbury City	6:20.55
4	Chelsey Torrens	Winston Hills	6:23.45

Girls U 17 - 1500 Metre Run

Zone: Z 4:59.01 12/12/2015 Ali Thomson, Hills District			
Name	Age	Centre	Final
1	Emalee Olbrich	Riverstone	5:11.92
2	Zara Munroe	Hills District	5:32.15

Girls U 13 - 3000 Metre Run

Zone: Z 10:43.12 30/01/2010 S Marvin, Winston Hills			
Name	Age	Centre	Final
1	Sophie Schultz	Hills District	11:08.13
2	Charlotte McClelland	Hills District	12:56.07
3	Abigail Cooper	Rouse Hill Rams	15:41.99

Girls U 14 - 3000 Metre Run

Zone: Z 10:31.67 14/12/2013 Leena Yang, Hills District			
Name	Age	Centre	Final
1	Lucie Francis	Winston Hills	11:07.39
2	Aoife Collins	Hills District	12:00.03
3	Chelsea Olbrich	Riverstone	12:22.36
4	Natalie Chandran	Winston Hills	13:04.42
5	Amelie Moulin	Hills District	13:08.71
6	Natarsha Skapetis	Hills District	13:34.98
7	Leilani Platon	Hills District	15:10.50
--	Kailey Webber	Winston Hills	DNF

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 15 - 3000 Metre Run**

Zone: Z 10:32.90 28/01/2012 Sarah Marvin, Winston Hill			
Name	Age	Centre	Final
1 Holly Dalrymple		Hawkesbury City	11:28.60
2 Catherine Richter		Hills District	11:39.22
3 Chelsey Torrens		Winston Hills	13:32.80

Girls U 17 - 3000 Metre Run

Zone: Z 10:47.03 8/12/2012 Sarah Marvin, Winston Hill			
Name	Age	Centre	Final
1 Emalee Olbrich		Riverstone	11:35.03
2 Zara Munroe		Hills District	11:45.77

Girls U 8 - 60 Metre Hurdles (45cm)

Zone: Z 11.70 4/02/1995 A Kerr, Winston Hills			
Name	Age	Centre	Final
1 Lilla Van Ross		Hills District	12.63
2 Lily Cassar		Hills District	13.17
3 Edwina Biermann		Rouse Hill Rams	13.24
4 Lucy Polley		Winston Hills	13.44
5 Lucia Rogulski		Hills District	13.82
6 Arianna Tandog		Hills District	13.91
7 Stella Dobson		Hills District	15.61

Section 2

1 Savannah Cox		Hawkesbury City	11.76
2 Jayda Isherwood		Winston Hills	11.80
3 Quinn Bombardiere		Kings Langley	12.59
4 Isla Berry		Hills District	13.00
5 Rachel Furno		Winston Hills	13.16
6 Maycee Saunders		Kings Langley	14.02
7 Sara Haaf		Winston Hills	16.11

Girls U 9 - 60 Metre Hurdles (45cm)

Zone: Z 10.80 1/01/1997 S Starkey, Riverstone			
Name	Age	Centre	Final
Section 1			
1 Ava Vengoa		Hills District	12.39
2 Hannah Baker		Rouse Hill Rams	12.49
3 Clara Sugiana		Hills District	12.61
4 Isla Kennedy		Winston Hills	12.84
5 Chloe McCartney		Hills District	12.97
6 Lacey Athans		Hawkesbury City	13.14
7 Katty Naylor Eyles		Winston Hills	13.75
8 Claire Ward		Hawkesbury City	13.96
9 Nikita Rolfe		Hawkesbury City	16.09

Section 2

1 Ella Catford		Hills District	11.18
2 Lila Oliver		Hills District	12.12
3 Miranda Miller		Kings Langley	12.40
4 Sanjana Iyer		Winston Hills	12.54
5 Evelyn White		Rouse Hill Rams	13.09
6 Ella Caines		Rouse Hill Rams	13.26
7 Ashleigh Fallins		Winston Hills	13.53

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Girls U 9 - 60 Metre Hurdles (45cm)**

8 Mia Totsis	Rouse Hill Rams	13.55
9 Layne Swan	Hills District	13.58
10 Sienna Hinder	Hawkesbury City	13.86

Girls U 10 - 60 Metre Hurdles (60cm)

=====			
Zone: Z 9.60 1/01/1988 B Smith, Winston Hills			
Name	Age Centre		Final
=====			
Section 1			
1 Tara Roche	Hills District		12.34
2 Scarlett Zubrycki	Hawkesbury City		13.50
3 Madison Reynolds	Winston Hills		14.22
4 Sarah Kenna	Winston Hills		14.36
5 Jasmine Lu	Hills District		15.00
6 Violet Knight	Winston Hills		15.08
Section 2			
1 Summer Paki	Hills District		11.98
2 Breanna Pace	Hills District		12.06
3 Tamara Davies	Hawkesbury City		12.06
4 Katherine Furno	Winston Hills		12.45
5 Amber Haywood	Winston Hills		13.34
6 Nithila Kumar	Hills District		15.33

Girls U 11 - 80 Metre Hurdles (60cm)

=====			
Zone: Z 15.08 15/12/2019 Elanur Kadayifci, Hills Distr			
Name	Age Centre		Final
=====			
Section 1			
1 Elanur Kadayifci	Hills District		15.08Z
2 Lara Roberts	Riverstone		16.30
3 Caitlyn Martin	Winston Hills		16.81
4 Allegra Zubrycki	Hawkesbury City		17.29
5 Skye Bollinger	Hills District		18.04
6 Ashlynn Hill	Hawkesbury City		18.59
7 Charli Lobsey	Winston Hills		19.34
8 Nicole Grima	Riverstone		20.92
9 Matilda Rowe	Kings Langley		21.76
Section 2			
1 Flynn Cowper	Rouse Hill Rams		15.84
2 Gabriela Ribeiro	Hills District		15.92
3 Hanna Lewis	Rouse Hill Rams		16.85
4 Clarise Hayes	Hills District		17.11
5 Claire Worrall	Hills District		17.43
6 Madison Gale	Winston Hills		17.96
7 Victoria Dunn	Hawkesbury City		18.38
8 Rose Murnane	Hills District		20.89

Girls U 12 - 80 Metre Hurdles (68cm)

=====			
Zone: Z 15.34 13/12/2019 Makayla Allen, Riverstone			
Name	Age Centre		Final
=====			
Section 1			
1 Makayla Allen	Riverstone		15.34Z
2 Madison Cantor	Hills District		15.56
3 Mikayla Muscat	Hills District		15.71
4 Marlee Deane	Rouse Hill Rams		16.84

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS

LANSW

Results

....Girls U 12 - 80 Metre Hurdles (68cm)

5	Adelayde Baker	Kings Langley	17.29
6	Jessica White	Rouse Hill Rams	18.35
7	Suraya Rahmati-Zaran	Hills District	19.11
8	Allyra Hill	Hawkesbury City	19.47
9	Emma Ward	Hawkesbury City	20.16

Girls U 13 - 80 Metre Hurdles (76cm)

=====
 Zone: Z 13.50 5/02/1995 A Parry, Hawkesbury City
 Name Age Centre Final
 =====

1	Olivia Bloem	Hills District	14.13
2	Billy-Rose Taliai	Hills District	14.57
3	Jordan McPherson	Rouse Hill Rams	18.35
4	Jashanpreet Kaur Khangur	Kings Langley	19.54
5	Grace Nolan	Rouse Hill Rams	19.62

Section 2

1	Amelia Ho	Hills District	14.70
2	Piper Robertson	Kings Langley	18.62
3	Emily Nolan	Rouse Hill Rams	18.83
4	Emma Lange	Rouse Hill Rams	19.19

Girls U 14 - 80 Metre Hurdles (76cm)

=====
 Zone: Z 12.53 15/12/2013 Tiana Death, Hills District
 Name Age Centre Final
 =====

Section 1

1	Talahn Paki	Hills District	12.59
2	Avalene Tandog	Hills District	13.61
3	Rachel Bardney	Winston Hills	14.04
4	Vanessa Apel	Winston Hills	14.78
5	Alison Liew	Hills District	15.14
6	Chelsea Roberts	Riverstone	16.59
7	Liviya Ho	Hills District	16.93
8	Elle Brooks	Hawkesbury City	17.62
9	Amy Galea	Hawkesbury City	18.03

Girls U 15 - 90 Metre Hurdles (76cm)

=====
 Zone: Z 13.30 2/02/1997 A Luthy, Hawkesbury City
 Name Age Centre Final
 =====

1	Lauryn Kasozi	Hills District	14.01
2	Zara Novkovic	Winston Hills	17.20
3	Jasmin Guven	Hills District	18.06
4	Emily Ho	Hills District	18.77
5	Eva Erdogan	Winston Hills	18.78

Girls U 17 - 100 Metre Hurdles (76cm)

=====
 Zone: Z 15.19 15/12/2019 Chanelle Odendaal, Rouse Hill
 Name Age Centre Final
 =====

1	Chanelle Odendaal	Rouse Hill Rams	15.19Z
2	Phoebe Tham	Hills District	19.41
3	Jasmine Brown	Hawkesbury City	19.72

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 13 - 200 Metre Hurdles (68cm)**

Zone: Z 29.70 1/01/1990 A Maguire, Hills			
Name	Age	Centre	Final
1 Amelia Ho		Hills District	31.02
2 Pyper Marchant		Hills District	31.14
3 Billy-Rose Taliai		Hills District	32.83
4 Lillyann Wilson		Hawkesbury City	33.84
5 Tara Dempsey		Hills District	34.34
6 Bianca Hinchcliffe		Winston Hills	35.56
7 Emily Nolan		Rouse Hill Rams	37.90
8 Grace Nolan		Rouse Hill Rams	38.40
9 Samantha Torrens		Winston Hills	38.75

Girls U 14 - 200 Metre Hurdles (76cm)

Zone: Z 29.10 1/01/1988 R Freeman, Hills			
Name	Age	Centre	Final
1 Talahn Paki		Hills District	29.57
2 Hayley Schultz		Hills District	30.61
3 Avalene Tandog		Hills District	31.51
4 Liviya Ho		Hills District	33.69
5 Keira Murphy		Hills District	34.40
6 Alison Liew		Hills District	35.47
7 Farah Rahmati-Zaran		Hills District	35.51

Girls U 15 - 300 Metre Hurdles (76cm)

Zone: Z 47.76 8/12/2016 Danielle Drinnan, Winston Hil			
Name	Age	Centre	Final
1 Eva Erdogan		Winston Hills	56.65

Girls U 17 - 300 Metre Hurdles (76cm)

Zone: Z 48.80 9/12/2017 Alicia Fartek, Hills District			
Name	Age	Centre	Final
1 Jasmine Brown		Hawkesbury City	53.23

Girls U 9-12 4x100 Metre Relay (Jnr)

Zone: Z 57.47 13/12/2015 Hills District, Hills Distric			
Centre	Age	Centre	Final
1 Hills District			58.69
2 Winston Hills			1:04.11
3 Hawkesbury City			1:04.34
4 Rouse Hill Rams			1:04.36
5 Riverstone			1:05.66
6 Kings Langley			1:06.89

Girls U 12-17 4x100 Metre Relay (Snr)

Zone: Z 50.71 15/12/2019 Hills District, Hills Distric			
Centre	Age	Centre	Final
1 Hills District			50.71Z

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****...Girls U 12-17 4x100 Metre Relay (Snr)**

2 Hawkesbury City	54.16
3 Winston Hills	56.85
4 Riverstone	57.34
5 Rouse Hill Rams	59.23

Girls U 9 - High Jump (S/H 0.80m)

Zone: Z 1.14m 30/01/1999 L Denning, Hills
 Zone: Z 1.14m 14/12/2019 Ava Cetinic, Hills District

Name	Age Centre	Final
Flight 1		
1 Ava Cetinic	Hills District	1.14mZ
2 Zahra Calder	Riverstone	1.04m
2 Eva McKenzie	Hills District	1.04m
4 Annika Rajan	Winston Hills	1.00m
4 Ella Catford	Hills District	1.00m
6 Jacyrae Brown	Hawkesbury City	0.95m
6 Hannah Baker	Rouse Hill Rams	0.95m
6 Miranda Miller	Kings Langley	0.95m
6 Sienna Hinder	Hawkesbury City	0.95m
6 Ashleigh Fallins	Winston Hills	0.95m
11 Mia Totsis	Rouse Hill Rams	0.90m
11 Chloe Davis	Hills District	0.90m
13 Mila Vuk -luboya	Winston Hills	0.80m
-- Mikayla Wells	Winston Hills	NH

Girls U 10 - High Jump (S/H 0.90m)

Zone: Z 1.28m 28/01/2007 A Tait, Kings Langley

Name	Age Centre	Final
1 Olivia Scott-Rogers	Hills District	1.02m
1 Amelia Hocroft	Kings Langley	1.02m
1 Summer Paki	Hills District	1.02m
1 Katherine Furno	Winston Hills	1.02m
5 Tara Roche	Hills District	1.00m
6 Zarna Proudford	Hills District	0.95m
6 Lingyue Zhang	Hills District	0.95m
6 Sarah Kenna	Winston Hills	0.95m
-- Zoe Hobart	Hills District	NH

Girls U 11 - High Jump (S/H 1.00m)

Zone: Z 1.39m 10/12/2016 Audrey Nadaya-Harb, Winston H

Name	Age Centre	Final
1 Caitlyn Martin	Winston Hills	1.23m
2 Gabriela Ribeiro	Hills District	1.18m
3 Marlee Gill	Riverstone	1.10m
3 Charli Lobsey	Winston Hills	1.10m
5 Flynn Cowper	Rouse Hill Rams	1.05m
6 Clarise Hayes	Hills District	1.00m
6 Skye Bollinger	Hills District	1.00m
6 Taylor Hills	Hills District	1.00m
-- Porsha Woodhouse	Hawkesbury City	NH
-- Penelope Woodhouse	Hawkesbury City	NH
-- Ashlynn Hill	Hawkesbury City	NH

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 12 - High Jump (S/H 1.10m)**

Zone: Z 1.48m 10/12/2017 Audrey Nadaya-Harb, Winston H			
Name	Age	Centre	Final
1 Marlee Deane		Rouse Hill Rams	1.20m
2 Summer Hupfeld		Rouse Hill Rams	1.10m
2 Molly Jovanovic		Hills District	1.10m
-- Lily Moore		Kings Langley	NH

Girls U 13 - High Jump (S/H 1.15m)

Zone: Z 1.57m 8/12/2018 Vanessa Apel, Winston Hills			
Name	Age	Centre	Final
1 Lilly Calder		Riverstone	1.35m
2 Amelia Ho		Hills District	1.33m
3 Emily Nolan		Rouse Hill Rams	1.27m
4 Annissa Quee		Hills District	1.20m
4 Felicity East		Winston Hills	1.20m
4 Jenna Lean		Rouse Hill Rams	1.20m
4 Tara Dempsey		Hills District	1.20m
4 Jordan McPherson		Rouse Hill Rams	1.20m
9 Billy-Rose Taliai		Hills District	1.15m
9 Sienna Lindsay		Winston Hills	1.15m
-- Michaela Heys		Rouse Hill Rams	NH

Girls U 14 - High Jump (S/H 1.20m)

Zone: Z 1.63m 15/12/2019 Vanessa Apel, Winston Hills			
Name	Age	Centre	Final
1 Vanessa Apel		Winston Hills	1.63mZ
2 Ella Munroe		Hills District	1.39m
2 Lucy Fuccenecco		Hills District	1.39m
4 Hayley Charlwood		Winston Hills	1.35m
5 Amy Galea		Hawkesbury City	1.35m
6 Devni Kumarage		Hills District	1.30m
6 Keira Murphy		Hills District	1.30m
-- Keira Dickson		Kings Langley	NH

Girls U 15 - High Jump (S/H 1.20m)

Zone: Z 1.66m 5/02/1994 C Mortleman, Hills			
Zone: Z 1.66m 14/12/2019 Olivia Dimech, Hawkesbury Cit			
Name	Age	Centre	Final
1 Olivia Dimech		Hawkesbury City	1.66mZ
2 Seronique Taylor		Hills District	1.45m
3 Carissa Anderson		Winston Hills	1.30m

Girls U 17 - High Jump (S/H 1.25m)

Zone: Z 1.60m 14/12/2013 Madeleine Jones, Hills Distri			
Name	Age	Centre	Final
1 Jorja Wilson		Winston Hills	1.49m
2 Heidi Bennett		Hills District	1.45m
2 Chanelle Odendaal		Rouse Hill Rams	1.45m
4 Erin Graham		Hawkesbury City	1.43m
4 Jemma Bonnell		Hills District	1.43m

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 7 - Long Jump**

Zone: Z 3.46m 1/01/1987 R.Crooks, Riverstone			
Name	Age	Centre	Final
1 Holly Laider		Hawkesbury City	2.59m
2 Emilia Dorahy		Hills District	2.57m
3 Matilda Hay		Riverstone	2.55m
4 Tatiana Krieschova		Winston Hills	2.51m
4 Keira Gill		Riverstone	2.51m
6 Tisya Patel		Hills District	2.40m
7 Livia Muccino		Winston Hills	2.33m
8 Charlie Davis		Hills District	2.32m
9 Imogen Carter		Winston Hills	2.30m
9 Helena Todd		Hills District	2.30m
11 Lucinda Fallins		Winston Hills	2.26m
12 Gurseerat Kaur Khangurha		Kings Langley	2.13m
13 Jemima Webber		Winston Hills	1.85m
14 April McCarthy		Hawkesbury City	1.81m

Girls U 8 - Long Jump

Zone: Z 4.17m 1/01/1986 D Kerr, Winston Hills			
Name	Age	Centre	Final
1 Savannah Cox		Hawkesbury City	3.21m
2 Jayda Isherwood		Winston Hills	3.18m
3 Quinn Bombardiere		Kings Langley	3.12m
4 Kiara Haywood		Winston Hills	3.03m
5 Alexandria Stevens		Hills District	2.93m
6 Liliana Rainima		Hills District	2.82m
7 Ella Greely		Hills District	2.81m
8 Isla Berry		Hills District	2.68m
9 Mackenzie Kitching		Riverstone	2.62m
10 Emma Ostler		Hills District	2.46m
11 Macy Simpson		Hills District	2.43m
12 Maycee Saunders		Kings Langley	2.38m
13 Lorraine East		Winston Hills	2.25m
14 Piper Andrews		Winston Hills	2.10m
15 Sara Haaf		Winston Hills	1.80m
16 Amalia Keller		Rouse Hill Rams	1.61m

Girls U 9 - Long Jump

Zone: Z 4.31m 1/01/1987 D Kerr, Winston Hills			
Name	Age	Centre	Final
1 Ava Cetinic		Hills District	3.54m
2 Zahra Calder		Riverstone	3.46m
3 Madison Harris		Hills District	3.44m
4 Hannah Baker		Rouse Hill Rams	3.42m
5 Sienna Jackson		Hills District	3.26m
6 Annika Rajan		Winston Hills	3.24m
7 Isla Kennedy		Winston Hills	3.18m
8 Portia Kearney		Rouse Hill Rams	3.12m
9 Sanjana Iyer		Winston Hills	3.07m
10 Somer Zapatero		Winston Hills	3.03m
11 Evelyn White		Rouse Hill Rams	3.02m
11 Lila Oliver		Hills District	3.02m
13 Ashleigh Fallins		Winston Hills	3.01m
14 Clara Sugiana		Hills District	3.00m

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****...Girls U 9 - Long Jump**

15	Eva Tuyau	Winston Hills	2.95m
16	Summer Hay	Riverstone	2.92m
17	Claire Ward	Hawkesbury City	2.65m
18	Paige Jones	Riverstone	2.19m

Girls U 10 - Long Jump

=====			
Zone: Z 4.69m 1/01/1988 D Kerr, Winston Hills			
Name	Age	Centre	Final
=====			
1	Olivia Scott-Rogers	Hills District	3.94m
2	Tamara Davies	Hawkesbury City	3.89m
3	Summer Paki	Hills District	3.81m
4	Alexandra Kostis	Hills District	3.72m
5	Tabitha Broughton	Hawkesbury City	3.59m
6	Hanna Roseby	Riverstone	3.34m
6	Lily Golding	Hills District	3.34m
8	Cheyenne Sinteur	Hills District	3.29m
9	Amelia Johnston	Winston Hills	3.20m
10	Marli-jae Waters	Hawkesbury City	3.14m
11	Amber Haywood	Winston Hills	3.11m
12	Madison Reynolds	Winston Hills	3.00m
13	Ella Li	Hills District	2.94m
14	Tara Borg	Kings Langley	2.90m
15	Violet Knight	Winston Hills	2.80m
16	Alannah Webber	Winston Hills	2.56m
17	Mikaela Mcdonald	Riverstone	1.27m

Girls U 11 - Long Jump

=====			
Zone: Z 4.83m 1/01/1989 D Kerr, Winston Hills			
Name	Age	Centre	Final
=====			
1	Caitlyn Martin	Winston Hills	3.93m
2	Carissa Lewis	Hills District	3.62m
2	Annabelle Casey	Winston Hills	3.62m
4	Ruby Scheepers	Hills District	3.60m
5	Elanur Kadayifci	Hills District	3.40m
6	Abigail Lord	Hawkesbury City	3.36m
7	Emma Webster	Winston Hills	3.26m
7	Lara Roberts	Riverstone	3.26m
9	Victoria Dunn	Hawkesbury City	2.96m
10	Abigail Simiana	Hawkesbury City	2.88m
11	Evangelina Everson	Hills District	2.86m
12	Nicole Grima	Riverstone	2.69m
13	Claire Kelly	Kings Langley	2.52m
14	Matilda Rowe	Kings Langley	2.32m

Girls U 12 - Long Jump

=====			
Zone: Z 5.07m 1/01/1982 K Barrett, Winston Hills			
Name	Age	Centre	Final
=====			
1	Siena Overton	Winston Hills	4.14m
2	Molly Jovanovic	Hills District	4.01m
3	Makayla Allen	Riverstone	3.85m
4	Makee Samia	Hills District	3.78m
5	Alicia Illangantilake	Hills District	3.71m
6	Andrea Plaatjes	Kings Langley	3.52m

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****...Girls U 12 - Long Jump**

7	Adelayde Baker	Kings Langley	3.40m
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Girls U 13 - Long Jump

=====
 Zone: Z 5.22m 8/12/2018 Tuliana Kabuyawa, Hills Distr

Name	Age Centre	Final
1	Amelia Ho	Hills District 4.46m
2	Lillyann Wilson	Hawkesbury City 4.42m
3	Emily Farrell	Hills District 4.24m
4	Emanuella Johnson	Kings Langley 4.22m
5	Joelle Tham	Hills District 4.15m
6	Tara Dempsey	Hills District 4.12m
7	Jordan McPherson	Rouse Hill Rams 3.83m
8	Claire Potts	Hawkesbury City 3.66m
9	Emma Lange	Rouse Hill Rams 3.54m
10	Kathryn Thomas	Winston Hills 3.50m
10	Jenna Lean	Rouse Hill Rams 3.50m
12	Grace Nolan	Rouse Hill Rams 3.40m
13	Mackenzie Clifford-Farre	Kings Langley 3.39m
14	Chloe Barnes	Hills District 3.38m
15	Felicity East	Winston Hills 3.30m
16	Matilda Tuyau	Hills District 3.19m
17	Piper Robertson	Kings Langley 3.14m
18	Sienna Khawaga	Winston Hills 3.09m
19	Emily Nolan	Rouse Hill Rams 2.99m
19	Courtney Kitching	Riverstone 2.99m
21	Ashlynn Webber	Winston Hills 2.93m

Girls U 14 - Long Jump

=====
 Zone: Z 5.39m 30/01/1998 P Carey, Hills

Name	Age Centre	Final
1	Audrey Nadaya-Harb	Winston Hills 5.34m
2	Tuliana Kabuyawa	Hills District 5.33m
3	Talahn Paki	Hills District 5.21m
4	Vanessa Apel	Winston Hills 4.67m
5	Keya Ramaswamy	Hills District 4.66m
6	Liviya Ho	Hills District 4.52m
7	Rachel Bardney	Winston Hills 4.48m
8	Avalene Tandog	Hills District 4.25m
9	Amy Galea	Hawkesbury City 4.18m
10	Elle Brooks	Hawkesbury City 4.10m
11	Keira Murphy	Hills District 4.02m
12	Chelsea Roberts	Riverstone 3.93m
13	Amelie Moulin	Hills District 3.88m
14	Devni Kumarage	Hills District 3.86m
15	Marley McKenzie	Hills District 3.85m
16	Keira Dickson	Kings Langley 3.76m
16	Alison Liew	Hills District 3.76m
18	Farah Rahmati-Zaran	Hills District 3.46m
19	Natarsha Skapetis	Hills District 3.43m

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 15 - Long Jump**

Zone: Z 5.49m 27/10/2003 M Riley, Hills			
Name	Age	Centre	Final
1 Olivia Dimech		Hawkesbury City	5.45m
2 Lauryn Kasozi		Hills District	5.42m
3 Holly Dalrymple		Hawkesbury City	4.50m
4 Simarpreet Kaur Gill		Hills District	4.21m
5 Lana Page		Hills District	4.02m
6 Emmanuella Albert-Ikolo		Hills District	3.82m
7 Eva Erdogan		Winston Hills	3.81m

Girls U 17 - Long Jump

Zone: Z 5.64m 10/12/2016 Caitlyn Hicks, Winston Hills			
Name	Age	Centre	Final
1 Jorja Wilson		Winston Hills	5.16m
2 Chanelle Odendaal		Rouse Hill Rams	5.13m
3 Tayla Homsy		Hawkesbury City	4.69m
4 Erin Graham		Hawkesbury City	4.50m
5 Caitlin Robertson		Hills District	4.30m
6 Annika Ward		Kings Langley	4.08m
7 Heidi Bennett		Hills District	3.80m
8 Jasmine Brown		Hawkesbury City	3.75m
9 Brooke Dickson		Kings Langley	2.64m

Girls U 11 - Triple Jump

Zone: Z 9.70m 29/01/2011 T Jaber, Kings Langley			
Name	Age	Centre	Final
1 Caitlyn Martin		Winston Hills	8.57m
2 Gabriela Ribeiro		Hills District	8.23m
3 Ashlyn Kelly		Hills District	7.84m
4 Annabelle Casey		Winston Hills	7.83m
5 Carissa Lewis		Hills District	7.61m
6 Taylor Hills		Hills District	7.56m
7 Lacey Wynne		Kings Langley	7.34m
8 Lara Roberts		Riverstone	7.33m
9 Ruby Scheepers		Hills District	7.17m
10 Lia Firer		Hills District	7.09m
11 Ashlynn Hill		Hawkesbury City	6.76m
12 Abigail Lord		Hawkesbury City	6.50m

Girls U 12 - Triple Jump

Zone: Z 10.58m 8/12/1991 L Caruana, Prospect			
Name	Age	Centre	Final
1 Marlee Deane		Rouse Hill Rams	9.13m
2 Molly Jovanovic		Hills District	8.10m
3 Adelaide Baker		Kings Langley	7.79m
4 Lily Caines		Rouse Hill Rams	7.78m
5 Opal Whittam		Kings Langley	7.74m
6 Siena Overton		Winston Hills	7.72m
7 Ella Mulry		Kings Langley	7.48m
8 Summer Hupfeld		Rouse Hill Rams	7.39m
9 Isabella Henderson		Winston Hills	7.34m
10 Emma Ward		Hawkesbury City	7.03m

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 13 - Triple Jump**

Zone: Z 11.02m 8/12/2012 Tiana Jaber, Kings Langley			
Name	Age	Centre	Final
1	Olivia Bloem	Hills District	9.67m
2	Amelia Ho	Hills District	9.31m
3	Lillyann Wilson	Hawkesbury City	9.26m
4	Tara Dempsey	Hills District	9.04m
5	Emanuella Johnson	Kings Langley	8.68m
6	Lilly Calder	Riverstone	8.51m
7	Jordan McPherson	Rouse Hill Rams	8.43m
8	Emily Farrell	Hills District	8.35m
9	Jenna Lean	Rouse Hill Rams	8.00m
10	Claire Potts	Hawkesbury City	7.89m
11	Felicity East	Winston Hills	7.88m
12	Leah Nixon	Winston Hills	7.43m
13	Kathryn Thomas	Winston Hills	7.35m
14	Chloe Barnes	Hills District	7.26m
15	Emily Nolan	Rouse Hill Rams	6.71m
16	Emma Lange	Rouse Hill Rams	6.54m
17	Samantha Torrens	Winston Hills	6.29m

Girls U 14 - Triple Jump

Zone: Z 11.28m 8/12/1991 B Smith, Winston Hills			
Name	Age	Centre	Final
1	Talahn Paki	Hills District	10.73m
2	Vanessa Apel	Winston Hills	10.38m
3	Audrey Nadaya-Harb	Winston Hills	10.09m
4	Keya Ramaswamy	Hills District	10.02m
5	Marley McKenzie	Hills District	9.45m
6	Avalene Tandog	Hills District	9.34m
7	Devni Kumarage	Hills District	9.25m
8	Keira Dickson	Kings Langley	8.68m
9	Elle Brooks	Hawkesbury City	8.37m
10	Chelsea Roberts	Riverstone	8.30m
11	Amy Galea	Hawkesbury City	8.24m

Girls U 15 - Triple Jump

Zone: Z 12.07m 14/12/2019 Olivia Dimech, Hawkesbury Ci			
Name	Age	Centre	Final
1	Olivia Dimech	Hawkesbury City	12.07mZ
2	Lauryn Kasozi	Hills District	10.86m
3	Holly Dalrymple	Hawkesbury City	9.65m
4	Lana Page	Hills District	9.60m
5	Seronique Taylor	Hills District	9.41m
6	Tatiana Johnson	Kings Langley	9.20m
7	Zara Novkovic	Winston Hills	9.05m
8	Catherine Richter	Hills District	8.70m
9	Carissa Anderson	Winston Hills	8.66m
10	Simarpreet Kaur Gill	Hills District	8.50m
11	Emily Ho	Hills District	8.23m
12	Chelsey Torrens	Winston Hills	7.35m

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 17 - Triple Jump**

Zone: Z 11.90m 30/01/2011 N Apikotoa, Kings Langley			
Name	Age	Centre	Final
1 Chanelle Odendaal		Rouse Hill Rams	11.11m
2 Jorja Wilson		Winston Hills	10.47m
3 Tayla Homsy		Hawkesbury City	10.17m
4 Erin Graham		Hawkesbury City	10.11m
5 Jemma Bonnell		Hills District	8.87m
6 Katelyn Ho		Hills District	7.71m

Girls U 7 - Shot Put (1.0 Kg)

Zone: Z 7.96m 1/01/1984 K.Leppanen, Winston Hills			
Name	Age	Centre	Final
1 Maddison Thomas		Hills District	4.47m
2 Lucinda Fallins		Winston Hills	4.09m
3 Safia Aydin		Rouse Hill Rams	3.20m
4 Imogen Carter		Winston Hills	3.18m
5 Bela Banjac		Hills District	2.99m
6 Adelaide Biermann		Rouse Hill Rams	2.96m
7 Darcie Kearney		Rouse Hill Rams	2.83m
8 Gurseerat Kaur Khangurha		Kings Langley	2.54m

Girls U 8 - Shot Put (1.5 Kg)

Zone: Z 8.50m 1/02/2004 T Sengul, Winston Hills			
Name	Age	Centre	Final
1 Emily West		Hills District	4.85m
2 Mikayla White		Rouse Hill Rams	4.37m
3 Aneeka Lindsay		Winston Hills	3.98m
4 Edwina Biermann		Rouse Hill Rams	3.85m
5 Georgia Gillogly		Hills District	3.78m
6 Eliza Timbs		Hills District	3.46m
7 Eloise Weiley		Hills District	3.32m
8 Liliana Rainima		Hills District	3.28m
9 Alysha Grant		Winston Hills	2.85m
10 Arabella Newman		Hills District	2.82m
11 Mackenzie Kitching		Riverstone	2.78m
12 Rachel Furno		Winston Hills	2.73m

Girls U 9 - Shot Put (2.0 Kg)

Zone: Z 8.12m 25/01/2003 T Breeze-Brackers, Winston Hi			
Name	Age	Centre	Final
1 Krystal Emme		Hawkesbury City	5.44m
2 Sanjana Iyer		Winston Hills	5.30m
3 Eva Tuyau		Winston Hills	5.07m
4 Ashleigh Fallins		Winston Hills	4.95m
5 Belle Nethery		Hills District	4.87m
6 Miranda Miller		Kings Langley	4.72m
7 Paige Jones		Riverstone	4.43m
8 Claire Ward		Hawkesbury City	4.42m
9 Eliana Cunningham		Winston Hills	4.28m
10 Clara Sugiana		Hills District	4.22m
11 Matilda Smith		Kings Langley	4.06m
12 Stephanie Xu		Hills District	3.94m

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Girls U 9 - Shot Put (2.0 Kg)**

13	Chloe McArtney	Hills District	3.88m
14	Sharlize Brown	Hills District	3.76m
15	Ava Chapman Read	Hills District	3.69m
16	Somer Zapatero	Winston Hills	3.41m
17	Mikayla Wells	Winston Hills	3.28m
18	Arabella Gunter	Hawkesbury City	2.72m

Girls U 10 - Shot Put (2.0 Kg)

Zone: Z 10.92m 29/01/2006 P Lemi, Winston Hills

Name	Age Centre	Final
1 Violet Knight	Winston Hills	5.84m
2 Amelia Newman	Hills District	5.35m
3 Sarah Kenna	Winston Hills	5.32m
4 Jade Tan	Hills District	4.89m
5 Katie Worrall	Hills District	4.79m
6 Olivia Jones	Riverstone	4.75m
7 Hanna Roseby	Riverstone	4.48m
8 Olivia Harkin	Hills District	4.37m
9 Nithila Kumar	Hills District	4.09m
10 Ashleigh Kriesel	Hills District	3.74m
11 Harshinisri Rajesh Kumar	Kings Langley	3.29m
-- Mikaela Mcdonald	Riverstone	ND

Girls U 11 - Shot Put (2.0 Kg)

Zone: Z 12.65m 27/01/2007 T Sengul, Winston Hills

Name	Age Centre	Final
1 Isabella West	Hills District	8.12m
2 Lacey Wynne	Kings Langley	7.33m
3 Clarise Hayes	Hills District	6.96m
4 Rebecca Liew	Hills District	6.53m
5 Marlee Gill	Riverstone	6.43m
6 Aaliya Riot	Hills District	5.91m
7 Ava Clegg	Winston Hills	5.90m
8 Charlie Gravina	Rouse Hill Rams	5.85m
9 Abby Cotter	Hawkesbury City	5.60m
10 Hannah King	Hills District	4.99m
11 Madison Gale	Winston Hills	4.87m

Girls U 12 - Shot Put (2.0 Kg)

Zone: Z 15.76m 3/02/2008 T Sengul, Winston Hills

Name	Age Centre	Final
1 Salote Wolfgramm	Kings Langley	9.87m
2 Molly Jovanovic	Hills District	8.40m
3 Jessica Stuart	Riverstone	8.22m
4 Lily Johnston	Winston Hills	8.03m
5 Alexis Glasheen-Smith	Riverstone	7.51m
6 Elizabeth Bello	Hills District	7.47m
7 Amelia Brice	Hills District	7.27m
8 Summer Hupfeld	Rouse Hill Rams	7.10m
9 Claire Giffney	Kings Langley	7.08m
10 Allyra Hill	Hawkesbury City	6.62m
11 Jessica White	Rouse Hill Rams	5.87m
12 Hayley Wallace	Winston Hills	5.75m

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Girls U 12 - Shot Put (2.0 Kg)**

13 Alicia Illangantilake	Hills District	5.57m
14 Suraya Rahmati-Zaran	Hills District	4.12m

Girls U 13 - Shot Put (3.0 Kg)

Zone: Z 14.57m 1/02/2009 T Sengul, Winston Hills

Name	Age Centre	Final
1 Pyper Marchant	Hills District	9.92m
2 Sienna Lindsay	Winston Hills	8.06m
3 Lilly Calder	Riverstone	7.82m
4 Billy-Rose Taliai	Hills District	7.45m
5 Courtney Kitching	Riverstone	7.34m
6 Emanuella Johnson	Kings Langley	6.92m
7 Amelia Odell	Rouse Hill Rams	6.85m
8 Emma McMillan	Winston Hills	6.82m
9 Elysian Tedesco	Hills District	6.43m
10 Michaela Heys	Rouse Hill Rams	5.43m
11 Sienna Khawaga	Winston Hills	5.04m

Girls U 14 - Shot Put (3.0 Kg)

Zone: Z 15.42m 30/01/2010 T Sengul, Winston Hills

Name	Age Centre	Final
1 Rachel Bardney	Winston Hills	12.22m
2 Clare Grubba	Winston Hills	10.85m
3 Hayley Schultz	Hills District	9.01m
4 Vanessa Apel	Winston Hills	8.15m
5 Tulliana Kabuyawa	Hills District	7.50m
6 Jade Deen	Hills District	7.49m
7 Keira Dickson	Kings Langley	6.66m
8 Leilani Platon	Hills District	6.52m
9 Caragh Gleeson	Rouse Hill Rams	6.44m
10 Matilda Odell	Rouse Hill Rams	6.08m
11 Natalia Barone	Hills District	6.00m

Girls U 15 - Shot Put (3.0 Kg)

Zone: Z 14.86m 30/01/2011 T Sengul, Winston Hills

Name	Age Centre	Final
1 Lauryn Kasozi	Hills District	9.39m
2 Zara Novkovic	Winston Hills	8.50m
3 Srinidhi Durai	Hills District	8.21m

Girls U 17 - Shot Put (3.0 Kg)

Zone: Z 15.15m 9/12/2012 Taylah Sengal, Winston Hills

Name	Age Centre	Final
1 Amelia McIlwaine	Winston Hills	12.12m
2 Delaney Gleeson	Rouse Hill Rams	9.06m
3 Phoebe Tham	Hills District	8.45m
4 Lily Carrington	Hills District	8.30m
5 Chanelle Odendaal	Rouse Hill Rams	7.02m
6 Brooke Dickson	Kings Langley	5.61m

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 7 - Discus (350 Gram)**

Zone: Z 20.08m 25/01/2003 T.Sengul, Winston Hills			
Name	Age	Centre	Final
1 Sarah Wallace		Winston Hills	9.44m
2 Matilda Hay		Riverstone	8.55m
3 Keira Gill		Riverstone	8.45m
4 Annabelle Sprem		Hills District	7.05m
5 Darcie Kearney		Rouse Hill Rams	6.56m
6 Charlie Davis		Hills District	6.39m
7 Lucinda Fallins		Winston Hills	5.61m
8 Helena Todd		Hills District	4.92m
9 Bela Banjac		Hills District	4.71m
10 Tisya Patel		Hills District	4.33m
11 Adelaide Biermann		Rouse Hill Rams	4.00m
12 Jemima Webber		Winston Hills	3.62m

Girls U 8 - Discus (500 Gram)

Zone: Z 23.74m 31/01/2004 T Sengul, Winston Hills			
Name	Age	Centre	Final
1 Macy Simpson		Hills District	9.84m
2 Aneeka Lindsay		Winston Hills	9.39m
3 Eliza Timbs		Hills District	8.51m
4 Verity Freeland		Hills District	8.37m
5 Piper Andrews		Winston Hills	7.75m
6 Mackenzie Kitching		Riverstone	7.58m
7 Lorraine East		Winston Hills	7.24m
8 Liliana Rainima		Hills District	7.21m
9 Eloise Weiley		Hills District	7.00m
10 Edwina Biermann		Rouse Hill Rams	6.97m
11 Amalia Keller		Rouse Hill Rams	6.92m
12 Maycee Saunders		Kings Langley	6.38m
13 Kate Pendlebury		Hills District	6.11m
14 Alysha Grant		Winston Hills	4.49m

Girls U 9 - Discus (500 Gram)

Zone: Z 27.18m 30/01/2005 P Lemi, Winston Hills			
Name	Age	Centre	Final
1 Krystal Emme		Hawkesbury City	20.50m
2 Eva Tuyau		Winston Hills	16.86m
3 Sanjana Iyer		Winston Hills	14.11m
4 Belle Nethery		Hills District	13.00m
5 Somer Zapatero		Winston Hills	11.40m
6 Halle Sinclair		Hills District	11.38m
7 Chloe Davis		Hills District	11.05m
8 Summer Hay		Riverstone	10.52m
9 Sharlize Brown		Hills District	10.49m
10 Claire Ward		Hawkesbury City	10.42m
11 Harmony Waters		Hawkesbury City	10.34m
12 Paige Jones		Riverstone	10.11m
13 Ava Chapman Read		Hills District	8.53m
14 Chloe Hopwood		Winston Hills	8.27m
15 Ella Caines		Rouse Hill Rams	8.16m
16 Ivy McLean		Hills District	6.92m
17 Portia Kearney		Rouse Hill Rams	5.77m
-- Eliana Cunningham		Winston Hills	ND

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 10 - Discus (500 Gram)**

Zone: Z 36.17m 28/01/2006 T Sengul, Winston Hills			
Name	Age	Centre	Final
1	Emilia Rebaza	Winston Hills	18.07m
2	Violet Knight	Winston Hills	17.04m
3	Amelia Newman	Hills District	15.95m
4	Nithila Kumar	Hills District	14.19m
5	Sarah Kenna	Winston Hills	13.87m
6	Isobel Deane	Rouse Hill Rams	13.66m
7	Marli-jae Waters	Hawkesbury City	13.46m
8	Katie Worrall	Hills District	13.35m
9	Cheyenne Sinteur	Hills District	12.75m
10	Scarlett Zubrycki	Hawkesbury City	12.72m
11	Olivia Jones	Riverstone	12.56m
12	Amelia Hocroft	Kings Langley	11.26m
13	Caitlyn Ligertwood	Kings Langley	11.25m
14	Olivia Harkin	Hills District	10.71m
15	Madison Reynolds	Winston Hills	9.28m
16	Ashleigh Kriesel	Hills District	8.39m
17	Mikaela Mcdonald	Riverstone	2.43m

Girls U 11 - Discus (500 Gram)

Zone: Z 33.66m 28/01/2007 P Lemi, Winston Hills			
Name	Age	Centre	Final
1	Jordyn Deen	Hills District	24.91m
2	Marlee Gill	Riverstone	21.87m
3	Isabella West	Hills District	21.12m
4	Madison Gale	Winston Hills	19.98m
5	Aaliya Riot	Hills District	17.82m
6	Victoria Dunn	Hawkesbury City	16.64m
7	Abby Cotter	Hawkesbury City	16.47m
8	Claire Kelly	Kings Langley	15.25m
9	Ella Dickson	Hills District	14.90m
10	Charlie Gravina	Rouse Hill Rams	14.00m
11	Skye Bollinger	Hills District	13.12m
--	Porsha Woodhouse	Hawkesbury City	ND
--	Nicole Grima	Riverstone	ND
--	Christy Eales	Hills District	ND

Girls U 12 - Discus (750 Gram)

Zone: Z 41.59m 2/02/2008 T Snegul, Winston Hills			
Name	Age	Centre	Final
1	Salote Wolfgramm	Kings Langley	29.68m
2	Molly Jovanovic	Hills District	22.15m
3	Allyra Hill	Hawkesbury City	20.28m
4	Claire Giffney	Kings Langley	19.74m
5	Elizabeth Bello	Hills District	14.59m
6	Lily Johnston	Winston Hills	13.72m

Girls U 13 - Discus (750 Gram)

Zone: Z 47.60m 31/01/2009 T Sengul, Winston Hills			
Name	Age	Centre	Final
1	Pyper Marchant	Hills District	35.83m

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Girls U 13 - Discus (750 Gram)**

2 Courtney Kitching	Riverstone	24.02m
3 Kathryn Thomas	Winston Hills	23.76m
4 Matilda Tuyau	Hills District	23.19m
5 Naia Lopez	Hills District	15.69m
6 Emma Lange	Rouse Hill Rams	14.69m
7 Amelia Odell	Rouse Hill Rams	14.00m
-- Chloe Cheeseman	Winston Hills	ND

Girls U 14 - Discus (1.0 Kg)

Zone: Z 44.29m 31/01/2010 T Sengul, Winston Hills

Name	Age Centre	Final
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1 Rachel Bardney	Winston Hills	36.87m
2 Clare Grubba	Winston Hills	31.00m
3 Jade Deen	Hills District	19.32m
4 Hayley Schultz	Hills District	19.03m
5 Keira Dickson	Kings Langley	18.07m
6 Leilani Platon	Hills District	17.65m
7 Jacinta Hilton	Hills District	16.46m
8 Caragh Gleeson	Rouse Hill Rams	13.72m

Girls U 15 - Discus (1.0 Kg)

Zone: Z 44.63m 29/01/2011 T Sengul, Winston Hills

Name	Age Centre	Final
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1 Jade Busst	Hills District	21.41m
2 Zara Novkovic	Winston Hills	17.69m
3 Srinidhi Durai	Hills District	17.53m
4 Tatiana Johnson	Kings Langley	14.50m

Girls U 17 - Discus (1.0 Kg)

Zone: Z 45.49m 8/12/2012 Taylah Sengal, Winston Hills

Name	Age Centre	Final
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1 Delaney Gleeson	Rouse Hill Rams	26.99m
2 Jennifer Grubba	Winston Hills	21.58m
3 Amelia McIlwaine	Winston Hills	18.66m
4 Lily Carrington	Hills District	17.23m
5 Tori Jackson	Hills District	16.45m

Girls U 11 - Javelin (400 Gram)

Zone: Z 26.20m 11/12/2016 Rachel Bardney, Kings Langley

Name	Age Centre	Final
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1 Jordyn Deen	Hills District	20.28m
2 Hannah King	Hills District	16.85m
3 Charlie Gravina	Rouse Hill Rams	16.30m
4 Abby Cotter	Hawkesbury City	15.11m
5 Hanna Lewis	Rouse Hill Rams	14.31m
6 Aaliya Riot	Hills District	13.68m
7 Matilda Webb	Winston Hills	11.61m
8 Ava Clegg	Winston Hills	11.26m
-- Madison Gale	Winston Hills	ND

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 12 - Javelin (400 Gram)**

Zone: Z 28.02m 9/12/2017 Rachel Bardney, Kings Langley			
Name	Age	Centre	Final
1 Salote Wolfgramm		Kings Langley	21.99m
2 Isabella Henderson		Winston Hills	19.08m
3 Molly Jovanovic		Hills District	16.66m
4 Jessica White		Rouse Hill Rams	14.28m
5 Elizabeth Bello		Hills District	13.19m
6 Amelia Brice		Hills District	13.12m
7 Adelayde Baker		Kings Langley	11.68m
8 Allyra Hill		Hawkesbury City	11.60m
9 Claire Giffney		Kings Langley	9.81m

Girls U 13 - Javelin (400 Gram)

Zone: Z 41.86m 28/01/2009 T Sengul, Winston Hills			
Name	Age	Centre	Final
1 Joelle Tham		Hills District	27.70m
2 Pyper Marchant		Hills District	23.38m
3 Naia Lopez		Hills District	19.06m
4 Billy-Rose Taliai		Hills District	18.34m
5 Jordan McPherson		Rouse Hill Rams	16.96m
6 Alexandra Milton		Winston Hills	16.94m
7 Courtney Kitching		Riverstone	16.56m
8 Lilly Calder		Riverstone	15.78m
8 Michaela Heys		Rouse Hill Rams	15.78m
10 Amelia Odell		Rouse Hill Rams	14.12m
11 Grace Nolan		Rouse Hill Rams	9.32m

Girls U 14 - Javelin (400 Gram)

Zone: Z 38.36m 13/12/2019 Rachel Bardney, Winston Hill			
Name	Age	Centre	Final
1 Rachel Bardney		Winston Hills	38.36mZ
2 Vanessa Apel		Winston Hills	34.80m
3 Hayley Schultz		Hills District	30.44m
4 Jade Deen		Hills District	24.50m
5 Leilani Platon		Hills District	17.32m
6 Matilda Odell		Rouse Hill Rams	17.22m
7 Audrey Nadaya-Harb		Winston Hills	14.44m

Girls U 15 - Javelin (500 Gram)

Zone: Z 31.70m 9/12/2016 Tahlia O'Connell, Kings Lang			
Name	Age	Centre	Final
1 Caitlyn Muscat		Hills District	24.20m
2 Catherine Richter		Hills District	14.34m

Girls U 17 - Javelin (500 Gram)

Zone: Z 38.14m 13/12/2019 Amelia McIlwaine, Winston Hi			
Name	Age	Centre	Final
1 Amelia McIlwaine		Winston Hills	38.14mZ
2 Lily Carrington		Hills District	29.46m
3 Ashley Noorbergen		Hills District	26.52m

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Girls U 17 - Javelin (500 Gram)**

4 Heidi Bennett	Hills District	16.84m
5 Jemma Bonnell	Hills District	15.41m
6 Tori Jackson	Hills District	14.40m
7 Katelyn Ho	Hills District	13.66m

Girls U 9 - 700 Metre Walk

Zone: Z 3:31.00 1/02/1997 S Munday, Prospect

Name	Age Centre	Final
Section 1		
1 Cassidy Southwood	Hills District	4:43.19
2 Ivy McLean	Hills District	4:52.96
3 Maeve Nolan	Winston Hills	4:58.49
4 Allegra Arnott	Hills District	5:00.55
5 Clara Sugiana	Hills District	5:03.60
6 Arabella Gunter	Hawkesbury City	5:09.81
7 Sara Murnane	Hills District	5:29.14
8 Mikayla Wells	Winston Hills	5:33.27

Girls U 10 - 1100 Metre Walk

Zone: Z 6:17.40 23/01/2003 R Houston, Winston Hills

Name	Age Centre	Final
1 Tara Roche	Hills District	6:17.58
2 Tamara Davies	Hawkesbury City	6:56.54
3 Zoe Hobart	Hills District	7:53.02
4 Alannah Webber	Winston Hills	7:54.07
5 Jasmine Lu	Hills District	9:29.36
-- Ashleigh Kriesel	Hills District	DQ

Girls U 11 - 1100 Metre Walk

Zone: Z 5:39.96 9/12/2016 Ella Munroe, Hills District

Name	Age Centre	Final
1 Matilda Webb	Winston Hills	5:51.03
2 Claire Worrall	Hills District	6:29.49
3 Ella Dickson	Hills District	6:48.64
4 Marlee Gill	Riverstone	6:54.13
5 Sehejta Kaur	Winston Hills	7:07.91
6 Tayla Dobson	Hills District	9:46.32

Girls U 12 - 1500 Metre Walk

Zone: Z 7:50.80 4/02/1994 C Bock, Winston Hills

Name	Age Centre	Final
1 Emilie Chandran	Winston Hills	9:09.79
2 Claire Giffney	Kings Langley	10:11.28
3 Adelayde Baker	Kings Langley	10:16.25
-- Makee Samia	Hills District	DQ

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Girls U 13 - 1500 Metre Walk**

Zone: Z 7:40.90 7/12/2018 Ella Munroe, Hills District			
Name	Age	Centre	Final
1 Samantha Torrens		Winston Hills	8:36.68
2 Courtney Kitching		Riverstone	10:54.41
3 Amelia Odell		Rouse Hill Rams	12:36.96

Girls U 14 - 1500 Metre Walk

Zone: Z 7:52.57 27/01/2005 B Melrose, Winston Hills			
Name	Age	Centre	Final
1 Ella Munroe		Hills District	7:54.36
2 Chelsea Olbrich		Riverstone	8:16.62
3 Kailey Webber		Winston Hills	9:12.10
4 Keira Dickson		Kings Langley	9:17.68
5 Jacinta Hilton		Hills District	9:20.84
6 Natalia Barone		Hills District	9:33.91
7 Chelsea Roberts		Riverstone	9:39.39
-- Matilda Odell		Rouse Hill Rams	DQ

Girls U 15 - 1500 Metre Walk

Zone: Z 7:15.46 25/01/2006 M Hayes, Kings Langley			
Name	Age	Centre	Final
1 Chelsey Torrens		Winston Hills	8:15.89
2 Leila Dickson		Hills District	9:23.97

Girls U 17 - 1500 Metre Walk

Zone: Z 7:36.45 8/12/2017 Janaya Lee, Riverstone			
Name	Age	Centre	Final
1 Jemma Bonnell		Hills District	8:55.41

Boys U 7 - 50 Metre Sprint

Zone: Z 8.46 12/12/2015 Saxon Ward, Hills District			
Name	Age	Centre	Final
1 Jayden Kavanagh		Hills District	9.28
2 Rahil Shah		Winston Hills	9.38
3 Phoenix Platon		Hills District	9.93
4 Carter Zapatero		Winston Hills	10.06

Section 2

1 Aaron Qu		Rouse Hill Rams	9.23
2 Nelith Bandara		Hills District	9.53
3 Haden Mwandha		Hills District	9.61
4 Bostin Sahraei		Hills District	10.01
5 Dean Alcock		Hills District	10.29

Boys U 7 - 70 Metre Sprint

Zone: Z 11.00 1/01/1989 P. Morgan, Winston Hills			
Name	Age	Centre	Final
Section 1			
1 Tatum Kriesch		Winston Hills	12.40

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 7 - 70 Metre Sprint**

2 Dre Waters	Hawkesbury City	12.46
3 Ashton Sebastian	Kings Langley	12.61
4 Emil Bosheh	Hills District	13.03
5 Daniel Russ	Kings Langley	13.20
6 Cameron Condon	Rouse Hill Rams	13.26
7 Jensen Dowling	Rouse Hill Rams	13.33

Section 2

1 Aaron Qu	Rouse Hill Rams	12.64
2 Rahil Shah	Winston Hills	12.82
3 Haden Mwandha	Hills District	13.09
4 Bostin Sahraei	Hills District	13.41
5 Liam Bollinger	Hills District	13.42
6 Toby Newman	Hills District	13.68
7 Phoenix Platon	Hills District	13.73
8 Oliver White	Rouse Hill Rams	14.08
9 Declan White	Winston Hills	14.69

Boys U 8 - 70 Metre Sprint

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 Zone: Z 10.50 1/01/1982 N Stephens, Winston Hills

Name Age Centre Final
 =====

Section 1

1 Cameron Batey	Hills District	11.39
2 Harrison Keane	Hawkesbury City	11.49
3 Nicholas Fisher	Hills District	12.06
4 James Powell	Hills District	12.29
5 Jack Gale	Winston Hills	12.65
6 Aiden Harvey	Rouse Hill Rams	12.84
7 Aisaia Vella	Hawkesbury City	13.61
8 Sebastian Brook	Hills District	15.44

Section 2

1 Callum Connaughton	Kings Langley	12.10
2 Samuel Letter	Hills District	12.31
3 Tyler Watkin	Hills District	12.64
4 Isaac Simiana	Hawkesbury City	12.72
5 Brendan Makira	Winston Hills	13.34
6 Lachlan Macheski	Winston Hills	13.90
7 Finley Gardner	Rouse Hill Rams	13.96

Boys U 9 - 70 Metre Sprint

=====
 Zone: Z 10.54 11/12/2016 Rhys Webster, Winston Hills

Name Age Centre Final
 =====

Section 1

1 Kaeden Hochstetter	Hills District	10.93
2 Luke Yanz	Hills District	11.30
3 Aidan Studders	Hills District	11.40
4 Jonah West	Hills District	11.66
5 Ben Charlwood	Winston Hills	11.67
6 Oliver Ohmsen	Rouse Hill Rams	11.74
7 Rafael Ortiz	Kings Langley	12.01

Section 2

1 Xavier Scheepers	Hills District	11.38
2 Harrison Dunn	Hawkesbury City	12.06
3 Jaequinn Muras	Rouse Hill Rams	12.28
4 James Grima	Riverstone	12.53
5 Harun Aydin	Rouse Hill Rams	13.82

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 9 - 70 Metre Sprint**

6 Max Flood	Hawkesbury City	14.12
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Boys U 10 - 70 Metre Sprint

Zone: Z 10.00 1/02/1997 D Wright, Winston Hills

Name	Age Centre	Final
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Section 1

1 Jet Watkin	Hills District	10.64
2 Lachlan Probin	Hills District	10.76
3 Alex Jack	Kings Langley	11.02
4 Billy Radford	Hills District	11.44
5 Hunter Gravina	Rouse Hill Rams	11.55
6 Curtis Davies	Riverstone	12.00
7 Carter Makira	Winston Hills	13.16

Section 2

1 Aiden Vella	Hawkesbury City	10.42
2 Lachlan Albert	Hills District	10.75
3 Charlie Andrews	Winston Hills	10.84
4 Kylan Simpson	Hills District	11.61
5 Preston Peckham	Kings Langley	11.66
6 Thomas Jackson	Winston Hills	12.18

Boys U 7 - 100 Metre Sprint

Zone: Z 15.90 8/12/2012 Nathaniel Idehen, Hills Distr

Name	Age Centre	Final
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Section 1

1 Tatum Kriesch	Winston Hills	17.80
2 Aaron Qu	Rouse Hill Rams	17.83
3 Jayden Kavanagh	Hills District	17.87
4 Liam Bollinger	Hills District	18.13
5 Rahil Shah	Winston Hills	18.50
6 Jensen Dowling	Rouse Hill Rams	19.87
7 Oliver White	Rouse Hill Rams	20.19

Section 2

1 Dre Waters	Hawkesbury City	18.40
2 Nelith Bandara	Hills District	18.56
3 Ashton Sebastian	Kings Langley	18.72
4 Tristan Hopwood	Winston Hills	18.99
5 Bostin Sahraei	Hills District	19.11
6 Dean Alcock	Hills District	20.65
7 Connor Roseby	Riverstone	20.72
8 Declan White	Winston Hills	20.77

Boys U 8 - 100 Metre Sprint

Zone: Z 14.80 1/01/1983 A Polley, Winston Hills

Name	Age Centre	Final
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Section 1

1 Harrison Keane	Hawkesbury City	16.00
2 Carter Bergan	Hills District	16.75
3 Callum Connaughton	Kings Langley	17.05
4 Samuel Letter	Hills District	17.31
5 Peiu Viko	Winston Hills	17.40
6 Tyler Watkin	Hills District	17.61
7 Aisaia Vella	Hawkesbury City	19.29

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS

LANSW

Results

....Boys U 8 - 100 Metre Sprint

8	Lachlan Macheski	Winston Hills	19.40
9	Jackson Lord	Hawkesbury City	19.82
10	Jack Newsome	Kings Langley	20.88
Section 2			
1	Cameron Batey	Hills District	16.23
2	Xavier Eason	Hills District	16.61
3	Emmett Parsons	Winston Hills	17.10
4	Daniel Harragon	Winston Hills	17.67
5	Oliver Stark	Hills District	17.95
6	Isaac Simiana	Hawkesbury City	18.01
7	Israel Broady	Winston Hills	18.88
8	Mason Gibson	Hawkesbury City	20.05
9	Finley Gardner	Rouse Hill Rams	20.08
10	Jake Miller	Kings Langley	20.30

Boys U 9 - 100 Metre Sprint

=====
 Zone: Z 14.30 2/02/1991 P Mogan, Winston Hills
 Name Age Centre Final
 =====

Section 1

1	Ryan Haaf	Winston Hills	16.24
2	Xavier Scheepers	Hills District	16.48
3	Roman Iori	Riverstone	16.94
4	Ben Charlwood	Winston Hills	17.17
5	Harrison Dunn	Hawkesbury City	17.61
6	Noah Klish	Kings Langley	17.67
7	Finn Stewart	Rouse Hill Rams	20.80

Section 2

1	Andy Riot	Hills District	15.13
2	Finn Sweeney	Hills District	16.16
3	Luke Yanz	Hills District	16.53
4	Harry Lewis	Rouse Hill Rams	17.48
5	Jaequinn Muras	Rouse Hill Rams	17.75
6	Ethan Voon	Winston Hills	18.39

Section 3

1	Tristan Prosser-Shaw	Hills District	15.76
2	Kaeden Hochstetter	Hills District	15.92
3	Jamie Cheeseman	Winston Hills	15.92
4	Blake Spencer	Rouse Hill Rams	16.38
5	Tai Jones	Hawkesbury City	17.49
6	Brian Jack	Kings Langley	17.70
7	Eshan Jayewardene	Winston Hills	19.78

Boys U 10 - 100 Metre Sprint

=====
 Zone: Z 13.90 1/02/1997 D Wright, Winston Hills
 Name Age Centre Final
 =====

Section 1

1	Alexander Benforte	Rouse Hill Rams	14.01
2	Jet Watkin	Hills District	14.94
3	Tyler Hawkett	Rouse Hill Rams	15.14
4	Noah Kemp	Hawkesbury City	15.20
5	Alex Jack	Kings Langley	15.41
6	Billy Radford	Hills District	15.86
7	Hunter Gravina	Rouse Hill Rams	16.74
8	Matthew Marzouk	Hills District	18.00

Section 2

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 10 - 100 Metre Sprint**

1 Aiden Vella	Hawkesbury City	14.85
2 Lachlan Albert	Hills District	15.10
3 Lachlan Probin	Hills District	15.25
4 Charlie Andrews	Winston Hills	15.44
5 Curtis Davies	Riverstone	16.40
6 Kylan Simpson	Hills District	16.49
7 Preston Peckham	Kings Langley	16.52

Boys U 11 - 100 Metre Sprint

Zone: Z 12.90 1/01/1980 C Cassidy, Hills

Name Age Centre Final

Section 1

1 Ashwin Ramaswamy	Hills District	14.15
2 Dean Grant	Winston Hills	14.42
3 Yusuf Tajudeen	Hills District	14.58
4 Aarush Anandh	Hills District	15.00
5 Isaac Judd	Winston Hills	16.79
6 Harry Charlwood	Winston Hills	16.95
7 Henry Khawaga	Winston Hills	17.50

Section 2

1 Jack Proudford	Hills District	14.25
2 Julian Freeland	Hills District	14.26
3 Nicholas McNally	Hills District	14.53
4 Isaac Ortiz	Kings Langley	15.05
5 Joel O'Brien	Winston Hills	15.51
6 Brodie Jones	Hawkesbury City	16.38

Boys U 12 - 100 Metre Sprint

Zone: Z 12.60 1/01/1981 C Cassidy, Hills

Name Age Centre Final

Section 1

1 Nadim Hajje	Winston Hills	14.03
2 Jack Loveridge	Winston Hills	14.38
3 Morgan Brown	Hills District	14.39
4 Alex Margiotta	Rouse Hill Rams	14.44
5 Jonathan du Preez	Rouse Hill Rams	14.96
6 Carter Gardner	Rouse Hill Rams	15.14
7 Alex Vella	Hawkesbury City	15.41

Section 2

1 Rhys Webster	Winston Hills	13.30
2 Liam Hayes	Hills District	13.98
3 Taylan Weissel	Hawkesbury City	14.36
4 Lachlan Metcalfe	Kings Langley	14.47
5 Toby Latchford	Winston Hills	14.61
6 Tory Emme	Hawkesbury City	16.63

Section 3

1 Luca de Burnay Thompson	Hawkesbury City	13.97
2 Cooper Mills	Rouse Hill Rams	14.13
3 Cooper Thorpe	Hills District	14.79
4 Chayangkul Usaprom	Kings Langley	14.95
5 Luke Williams	Hills District	15.64
6 Ayush Singh	Riverstone	16.48

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 13 - 100 Metre Sprint**

Zone: Z 12.09 8/12/2012 Timothy Simmons, Hills Distri			
Name	Age	Centre	Final

Section 1

1	Dylan Illangantilake	Hills District	12.88
2	Daniel Kasozi	Hills District	13.06
3	Aaron Moors	Hills District	13.44
4	Brock Prideaux	Winston Hills	13.50
5	Zach Redwood	Winston Hills	14.23
6	Thomas Laney	Riverstone	15.80

Section 2

1	Benjamin Kasozi	Hills District	12.94
2	Benjamin Hyde	Hills District	13.94
3	Brett Cockayne	Hawkesbury City	14.31
4	Lawson Cunningham	Winston Hills	14.32
5	Conor McNeill	Hawkesbury City	14.43
6	James McNally	Hills District	14.97

Boys U 14 - 100 Metre Sprint

Zone: Z 11.90 5/02/1994 M Adams, Hills			
Name	Age	Centre	Final

Section 1

1	Sadheel Kumar	Hills District	12.58
2	Ethan Smit	Hills District	13.01
3	Harvey Barrett	Winston Hills	13.05
4	Cameron Davies	Hawkesbury City	13.12
5	Lachlan Ward	Hawkesbury City	13.21
6	William Casey	Winston Hills	13.29
7	Jayeola Sunmola	Hills District	13.73

Boys U 15 - 100 Metre Sprint

Zone: Z 11.15 14/12/2019 Lachlan Wood, Winston Hills			
Name	Age	Centre	Final

1	Lachlan Wood	Winston Hills	11.15Z
2	Travis Hargrave	Hawkesbury City	11.83
3	Spencer Ahenkan	Hills District	11.87
4	Kieran Teh	Kings Langley	12.13
5	William Bello	Hills District	12.81

Section 2

1	Zachary Porter	Winston Hills	12.31
2	Spencer Brown	Hills District	12.49
3	William Potts	Hawkesbury City	12.62
4	Robbie Johnston	Hills District	12.72
5	Benjamin Waring	Hills District	12.80
6	Ruwin Cooray	Kings Langley	12.86

Boys U 17 - 100 Metre Sprint

Zone: Z 11.30 10/12/2016 Walther Wegmann, Kings Langley			
Name	Age	Centre	Final

Section 1

1	Michael White	Kings Langley	11.80
2	Zac Collison	Winston Hills	12.26
3	Cameron Ward	Kings Langley	12.43

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 17 - 100 Metre Sprint**

4 Mika Selzer	Hills District	12.69
Section 2		
1 Liam Preston	Hills District	11.56
2 Jarrod Turk	Hills District	11.89
3 Grishan Rajaratnum	Hills District	11.95
4 Okiemute Albert-Ikolo	Hills District	11.97
5 Jayden Perry	Hawkesbury City	12.71

Boys U 7 - 200 Metre Sprint

=====			
Zone: Z 33.90	1/01/1980	M.Canning,	Winston Hills
Zone: Z 33.90	30/01/1983	J Adolphe,	Hills District
Name	Age	Centre	Final
=====			
Section 1			
1 Aaron Qu		Rouse Hill Rams	39.59
2 Dre Waters		Hawkesbury City	40.02
3 Tatum Kriesch		Winston Hills	40.45
4 Cameron Condon		Rouse Hill Rams	42.24
5 Tristan Hopwood		Winston Hills	42.82
6 Jensen Dowling		Rouse Hill Rams	43.06
-- Toby Newman		Hills District	DQ
Section 2			
1 Jayden Kavanagh		Hills District	39.01
2 Ashton Sebastian		Kings Langley	40.34
3 Rhys Nethery		Hills District	40.59
4 Harvey Irvine		Winston Hills	44.72
5 Orion Paki		Hills District	45.23
Section 3			
1 Nelith Bandara		Hills District	39.25
2 Rahil Shah		Winston Hills	39.72
3 Chase Mattiazzo		Hills District	41.60
4 Oliver White		Rouse Hill Rams	44.42

Boys U 8 - 200 Metre Sprint

=====			
Zone: Z 30.70	1/01/1983	A Polley,	Winston Hills
Name	Age	Centre	Final
=====			
Section 1			
1 Cameron Batey		Hills District	33.29
2 Carter Bergan		Hills District	33.98
3 Xavier Eason		Hills District	34.08
4 Ruari Mercer		Hills District	34.94
5 Mason Gibson		Hawkesbury City	42.32
6 Luke Wilkinson		Hawkesbury City	44.10
Section 2			
1 Emmett Parsons		Winston Hills	36.03
2 Isaac Portelli		Rouse Hill Rams	38.06
3 James Powell		Hills District	39.81
4 Caylan Young		Hills District	41.88
5 Blake Issac Wotton		Kings Langley	42.88
Section 3			
1 Harrison Keane		Hawkesbury City	35.74
2 Peiu Viko		Winston Hills	36.31
3 Bernie Irvine		Winston Hills	36.51
4 Aisaia Vella		Hawkesbury City	40.40

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 9 - 200 Metre Sprint**

Zone: Z 29.80 4/02/1996 J De Silva, Winston Hills			
Name	Age	Centre	Final
Section 1			
1 Lachlan Dorahy		Hills District	32.44
2 Finn Sweeney		Hills District	34.12
3 Luke Yanz		Hills District	35.65
4 Archie Mak		Hills District	36.49
5 Kieren Petersen		Kings Langley	39.61
6 James Grima		Riverstone	41.00
7 Max Flood		Hawkesbury City	53.08
Section 2			
1 Kaeden Hochstetter		Hills District	33.02
2 Ryan Haaf		Winston Hills	33.90
3 Tristan Quee		Hills District	34.47
4 Oliver Ohmsen		Rouse Hill Rams	37.12
5 Marshal Millar		Kings Langley	38.59
6 Jaequinn Muras		Rouse Hill Rams	38.88
7 Harun Aydin		Rouse Hill Rams	44.12

Boys U 10 - 200 Metre Sprint

Zone: Z 28.80 1/01/1985 T Henry, Winston Hills			
Name	Age	Centre	Final
Section 1			
1 Alexander Benforte		Rouse Hill Rams	29.77
2 Noah Kemp		Hawkesbury City	31.19
3 Tyler Hawkett		Rouse Hill Rams	32.61
4 Alex Jack		Kings Langley	32.79
5 Kylan Simpson		Hills District	35.04
6 Curtis Davies		Riverstone	35.93
7 Cooper Thompson		Kings Langley	36.31
8 Banjo Pelusi		Winston Hills	38.43
Section 2			
1 Lachlan Albert		Hills District	31.46
2 Aiden Vella		Hawkesbury City	31.65
3 Lachlan Probin		Hills District	32.05
4 Oscar Harding		Hills District	32.67
5 Xavier Parsons		Winston Hills	34.21
6 Preston Peckham		Kings Langley	35.58
7 Emmanuel Attard		Rouse Hill Rams	36.97
8 Thomas Lowndes		Hills District	37.50

Boys U 11 - 200 Metre Sprint

Zone: Z 27.60 1/01/1980 C Cassidy, Hills			
Name	Age	Centre	Final
Section 1			
1 Ashwin Ramaswamy		Hills District	28.40
2 Jack Proudford		Hills District	30.55
3 Kingsley Askew		Winston Hills	31.11
4 Joel O'Brien		Winston Hills	32.43
5 Marcus Prideaux		Winston Hills	32.75
6 Alexander Pivcevic		Kings Langley	35.44
Section 2			
1 Julian Freeland		Hills District	29.87
2 Nicholas McNally		Hills District	29.93

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 11 - 200 Metre Sprint**

3	Dean Grant	Winston Hills	30.25
4	Marcus Catford	Hills District	31.22
5	Aarush Anandh	Hills District	31.25
6	Isaac Ortiz	Kings Langley	31.30
7	Henry Khawaga	Winston Hills	38.53

Boys U 12 - 200 Metre Sprint

=====			
Zone: Z 26.42 29/01/2012 Timothy Simmons, Quakers Hill			
Name	Age	Centre	Final
=====			

Section 1

1	Rhys Webster	Winston Hills	27.40
2	Joshua Cetinic	Hills District	27.56
3	Liam Hayes	Hills District	28.33
4	Luca de Burnay Thompson	Hawkesbury City	28.68
5	Liam Piggott	Hills District	30.21
6	Chayangkul Usaprom	Kings Langley	30.49
7	Toby Latchford	Winston Hills	30.72
8	Jett Harper	Hawkesbury City	32.63

Section 2

1	Joshua Hand	Winston Hills	28.83
2	Morgan Brown	Hills District	29.60
3	Jack Loveridge	Winston Hills	29.84
4	Cooper Mills	Rouse Hill Rams	29.88
5	Cooper Thorpe	Hills District	31.19
6	Declan Abela	Winston Hills	31.27
7	Carter Gardner	Rouse Hill Rams	31.56
8	Alex Vella	Hawkesbury City	33.63

Boys U 13 - 200 Metre Sprint

=====			
Zone: Z 24.88 28/01/2007 N Hough, Hills			
Name	Age	Centre	Final
=====			

Section 1

1	Dylan Illangantilake	Hills District	25.40
2	Benjamin Kasozi	Hills District	26.69
3	Brock Prideaux	Winston Hills	27.71
4	Conor McNeill	Hawkesbury City	29.71
5	Liam Connell	Hills District	31.49

Section 2

1	Daniel Kasozi	Hills District	26.49
2	Zach Redwood	Winston Hills	29.14
3	Brett Cockayne	Hawkesbury City	29.87
4	Lawson Cunningham	Winston Hills	30.67

Boys U 14 - 200 Metre Sprint

=====			
Zone: Z 23.98 3/02/2008 N Hough, Hills			
Name	Age	Centre	Final
=====			

Section 1

1	Sadheel Kumar	Hills District	24.94
2	Cameron Davies	Hawkesbury City	26.17
3	Harvey Barrett	Winston Hills	26.23
4	Liam Roche	Hills District	26.57
5	Maxx Rowley	Hills District	28.72

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 15 - 200 Metre Sprint**

Zone: Z 22.87 1/02/2009 N Hough, Hills			
Name	Age	Centre	Final
1 Travis Hargrave		Hawkesbury City	23.94
2 Kieran Teh		Kings Langley	25.17
3 Luke Juhart		Winston Hills	25.70
4 Benjamin Waring		Hills District	26.23
5 Jy Windle		Winston Hills	26.43
Section 2			
1 Lachlan Wood		Winston Hills	23.52
2 Zachary Porter		Winston Hills	25.02
3 Spencer Brown		Hills District	25.80
4 Robbie Johnston		Hills District	26.65
5 Ruwin Cooray		Kings Langley	27.28

Boys U 17 - 200 Metre Sprint

Zone: Z 22.56 11/12/2016 Keegan Bell, Hills District			
Name	Age	Centre	Final
Section 1			
1 Blake Archer		Rouse Hill Rams	24.01
2 Grishan Rajaratnum		Hills District	24.42
3 Jarrod Turk		Hills District	24.49
4 Zac Collison		Winston Hills	24.91
5 Blake Metcalfe		Kings Langley	25.21
6 Liam Perry		Hawkesbury City	25.73
Section 2			
1 Michael White		Kings Langley	24.31
2 Jake Baptiste		Kings Langley	24.77
3 Cameron Ward		Kings Langley	25.32
4 Luke Nixon		Winston Hills	26.38
5 Jayden Perry		Hawkesbury City	26.63
6 Connor Flood		Hawkesbury City	29.74

Boys U 8 - 400 Metre Sprint

Zone: Z 1:13.70 1/01/1987 P Wallington, Hills			
Name	Age	Centre	Final
Section 1			
1 Cameron Batey		Hills District	1:17.28
2 Harrison Keane		Hawkesbury City	1:28.70
3 Isaac Simiana		Hawkesbury City	1:30.14
Section 2			
1 Carter Bergan		Hills District	1:17.35
2 Ruari Mercer		Hills District	1:19.54
3 Oliver Lowndes		Hills District	1:31.36
4 Caylan Young		Hills District	1:34.58
5 Mason Gibson		Hawkesbury City	1:49.62
Section 3			
1 Michael Giffney		Kings Langley	1:20.26
2 Bernie Irvine		Winston Hills	1:22.57
3 Emmett Parsons		Winston Hills	1:26.69
4 Peiu Viko		Winston Hills	1:27.93
5 Isaac Portelli		Rouse Hill Rams	1:28.88
6 Nicholas Fisher		Hills District	1:34.43
7 Jack Newsome		Kings Langley	1:49.57

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 9 - 400 Metre Sprint**

Zone: Z 1:09.20 1/01/1984 A Polley, Winston Hills			
Name	Age	Centre	Final
Section 1			
1 Tristan Prosser-Shaw		Hills District	1:20.84
2 Xavier Scheepers		Hills District	1:25.68
3 Flynn Wilson		Hills District	1:26.27
Section 2			
1 Lachlan Dorahy		Hills District	1:16.27
2 Tristan Quee		Hills District	1:21.49
3 Dominic Tyler		Hills District	1:23.09
4 Blake Spencer		Rouse Hill Rams	1:24.75
5 Tai Jones		Hawkesbury City	1:24.77
6 Ned Francis		Winston Hills	1:30.51
Section 3			
1 Ryan Haaf		Winston Hills	1:20.39
2 Jayden Calder		Riverstone	1:22.57
3 Brian Jack		Kings Langley	1:23.91
4 Marshal Millar		Kings Langley	1:27.24
5 Archie Fisher		Winston Hills	1:28.80
6 Patrick Waddington		Winston Hills	1:32.22
7 Ethan Voon		Winston Hills	1:34.50
8 Jaequinn Muras		Rouse Hill Rams	1:35.45

Boys U 10 - 400 Metre Sprint

Zone: Z 1:07.70 1/01/1983 M Canning, Winston Hills			
Name	Age	Centre	Final
Section 1			
1 Knox Harper		Hawkesbury City	1:14.01
2 Keir Mercer		Hills District	1:14.04
3 Stirling Post		Hills District	1:18.46
4 Xavier Parsons		Winston Hills	1:19.55
5 Tommy Reekie		Hills District	1:21.33
6 Zachary Wilkson		Hawkesbury City	1:31.25
7 Carter Makira		Winston Hills	1:39.65
Section 2			
1 Alexander Benforte		Rouse Hill Rams	1:13.40
2 Jake Wynne		Kings Langley	1:14.63
3 Byron White		Winston Hills	1:24.75
4 Viliami Wolfgramm		Kings Langley	1:26.64
5 Vegas-Blayze Clark		Riverstone	1:27.89
6 Cooper Thompson		Kings Langley	1:33.21

Boys U 11 - 400 Metre Sprint

Zone: Z 1:04.20 1/01/1980 C Cassidy, Hills			
Name	Age	Centre	Final
Section 1			
1 Alexander Eason		Hills District	1:10.75
2 Keegan Free		Hills District	1:17.33
3 Kingsley Askew		Winston Hills	1:19.03
4 Brodie Jones		Hawkesbury City	1:27.07
Section 2			
1 Ashwin Ramaswamy		Hills District	1:05.05
2 Brayden Thompson		Hills District	1:06.38
3 Nicholas McNally		Hills District	1:08.29

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS

LANSW

Results

....Boys U 11 - 400 Metre Sprint

4	Marley Islip	Winston Hills	1:17.09
5	Marcus Prideaux	Winston Hills	1:20.66
6	Julian Freeland	Hills District	1:21.87
7	Alexander Pivcevic	Kings Langley	1:26.05
8	Henry Khawaga	Winston Hills	1:32.71

Boys U 12 - 400 Metre Sprint

=====
 Zone: Z 1:00.66 10/12/2016 Lachlan Wood, Winston Hills
 Name Age Centre Final
 =====

Section 1

1	Jacob Astill	Hawkesbury City	1:08.03
2	Riley Duncum	Kings Langley	1:12.94
3	Carter Gardner	Rouse Hill Rams	1:14.68
4	Toby Latchford	Winston Hills	1:15.27
5	Max McCarthy	Hawkesbury City	1:16.57
6	Kane Robson	Hills District	1:17.16
7	Cooper Gravina	Rouse Hill Rams	1:18.01

Section 2

1	Joshua Cetinic	Hills District	1:04.90
2	Joshua Hand	Winston Hills	1:06.37
3	Morgan Brown	Hills District	1:07.24
4	Jack Loveridge	Winston Hills	1:09.43
5	Lachlan Metcalfe	Kings Langley	1:10.68
6	Declan Abela	Winston Hills	1:10.90
7	Liam Piggott	Hills District	1:12.47

Boys U 13 - 400 Metre Sprint

=====
 Zone: Z 56.74 9/12/2017 Lachlan Wood, Winston Hills
 Name Age Centre Final
 =====

Section 1

1	Dylan Illangantilake	Hills District	1:01.50
2	Nate Gill	Riverstone	1:03.89
3	Brock Prideaux	Winston Hills	1:06.71
4	Riley Christie	Winston Hills	1:08.66
5	Zach Redwood	Winston Hills	1:12.31
6	Aidan Pospischil	Winston Hills	1:25.20

Boys U 14 - 400 Metre Sprint

=====
 Zone: Z 54.80 5/02/1994 M Adams, Hills
 Name Age Centre Final
 =====

1	Liam Roche	Hills District	59.90
2	Ethan Smit	Hills District	1:00.48
3	Ben Haaf	Winston Hills	1:01.88
4	Ethan Kelly	Hills District	1:02.95
5	Maxx Rowley	Hills District	1:07.48

Boys U 15 - 400 Metre Sprint

=====
 Zone: Z 53.44 14/12/2019 Lachlan Wood, Winston Hills
 Name Age Centre Final
 =====

1	Travis Hargrave	Hawkesbury City	56.22
2	Robbie Johnston	Hills District	1:00.67

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 15 - 400 Metre Sprint**

3	Joseph McEneaney	Hills District	1:04.99
4	Riley Cotter	Hawkesbury City	1:08.94
Section 2			
1	Lachlan Wood	Winston Hills	53.44Z
2	Benjamin Waring	Hills District	58.30
3	Luke Juhart	Winston Hills	58.81
4	Zachary Porter	Winston Hills	59.80
5	Lav Banjac	Hills District	1:00.83
6	Spencer Brown	Hills District	1:02.55

Boys U 17 - 400 Metre Sprint

=====			
Zone: Z 49.39 14/12/2019 Joshua Atkinson, Hills Distri			
Name	Age	Centre	Final
=====			
Section 1			
1	Joshua Atkinson	Hills District	49.39Z
2	Ockert DuPlessis	Winston Hills	54.34
3	Grishan Rajaratnum	Hills District	55.91
4	Liam Perry	Hawkesbury City	1:01.63
5	Luke Nixon	Winston Hills	1:03.74
Section 2			
1	Zac Collison	Winston Hills	57.77
2	Liam Preston	Hills District	58.59
3	Gautham Karthikeyan	Winston Hills	59.48
4	Mika Selzer	Hills District	1:02.65
5	Kayden Anderson	Winston Hills	1:02.66

Boys U 7 - 500 Metre Run Pack Start

=====			
Zone: Z 1:29.50 30/01/2008 J Green, Hills			
Name	Age	Centre	Final
=====			
Section 1			
1	Jayden Kavanagh	Hills District	2:01.92
2	Rhys Bergan	Hills District	2:02.52
3	Ashton Sebastian	Kings Langley	2:02.54
4	Joshua Waddington	Winston Hills	2:02.68
5	Luka Hami-Razavi	Hills District	2:06.26
6	Nelith Bandara	Hills District	2:07.69
7	Chase Mattiazzo	Hills District	2:08.13
8	Jensen Dowling	Rouse Hill Rams	2:13.29
9	Harvey Irvine	Winston Hills	2:18.41
10	Toby Newman	Hills District	2:18.48

Boys U 8 - 700 Metre Run Pack Start

=====			
Zone: Z 2:05.30 28/01/2009 H Green, Hills			
Name	Age	Centre	Final
=====			
1	Carter Bergan	Hills District	2:26.30
2	Ruari Mercer	Hills District	2:32.60
3	Michael Giffney	Kings Langley	2:37.89
4	Bernie Irvine	Winston Hills	2:39.05
5	Peiu Viko	Winston Hills	2:48.13
6	Heath Broughton	Hawkesbury City	2:48.61
7	Caylan Young	Hills District	2:51.16
8	Hamish Freeland	Hills District	2:57.95
9	Sebastian Brook	Hills District	3:06.97

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 9 - 800 Metre Run**

Zone: Z 2:35.50 1/01/1984 A Polley, Winston Hills			
Name	Age	Centre	Final
1	Lachlan Dorahy	Hills District	2:44.42
2	Taine Katalinic	Winston Hills	2:46.66
3	Tristan Prosser-Shaw	Hills District	2:58.19
4	Kye Liaropoulos	Hills District	2:59.92
5	Tai Jones	Hawkesbury City	3:02.40
6	Finnegan Brook	Hills District	3:04.63
7	Harry Lewis	Rouse Hill Rams	3:06.62
8	Jayden Calder	Riverstone	3:08.07
9	Flynn Wilson	Hills District	3:09.10
10	Marshal Millar	Kings Langley	3:12.54
11	Archie Fisher	Winston Hills	3:15.86
12	Jonah West	Hills District	3:19.35
13	Patrick Waddington	Winston Hills	3:20.19
14	James Grima	Riverstone	3:27.52
15	Kieren Petersen	Kings Langley	3:30.24
16	Logan Smith	Hawkesbury City	3:30.98
17	Jordan Maxwell	Kings Langley	3:31.83
18	Ned Francis	Winston Hills	3:32.89

Boys U 10 - 800 Metre Run

Zone: Z 2:34.30 1/01/1985 A Polley, Winston Hills			
Name	Age	Centre	Final
1	Knox Harper	Hawkesbury City	2:43.50
2	Keir Mercer	Hills District	2:48.57
3	Benjamin Hand	Winston Hills	2:54.50
4	Xavier Parsons	Winston Hills	2:56.02
5	Aaron Chevalier	Winston Hills	2:56.82
6	William Harvey	Rouse Hill Rams	3:04.18
7	Viliami Wolfgramm	Kings Langley	3:07.80
8	Vegas-Blayze Clark	Riverstone	3:15.39
9	Nathan Jeong	Winston Hills	3:15.72
10	Zachary Wilkson	Hawkesbury City	3:18.82
11	Connor Carter	Winston Hills	3:19.00

Boys U 11 - 800 Metre Run

Zone: Z 2:27.20 1/01/1982 P Stellino, Hills			
Name	Age	Centre	Final
1	Brayden Thompson	Hills District	2:33.81
2	Cameron Bloem	Hills District	2:35.32
3	Harrison Ferns	Hills District	2:36.98
4	Damon Jones	Riverstone	2:39.49
5	Alexander Eason	Hills District	2:44.32
6	Zacary Green	Hills District	2:45.81
7	Marley Islip	Winston Hills	2:45.86
8	Keegan Free	Hills District	2:48.99
9	Callum Garbers	Rouse Hill Rams	2:54.90
10	Alex Bayliss	Winston Hills	2:56.39
11	Brodie Jones	Hawkesbury City	3:10.21
12	Alexander Pivcevic	Kings Langley	3:16.28
13	Jack McMillan	Winston Hills	3:22.14
14	Henry Khawaga	Winston Hills	3:25.68

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 12 - 800 Metre Run**

Zone: Z 2:16.80 1/01/1983 N Stellino, Hills			
Name	Age	Centre	Final
1 Jacob Astill		Hawkesbury City	2:29.30
2 Joshua Hand		Winston Hills	2:33.78
3 Owen Bellomo		Hills District	2:38.02
4 Oliver Golding		Hills District	2:39.50
5 Xavier Saffy		Winston Hills	2:41.67
6 Max McCarthy		Hawkesbury City	2:47.47
7 Kane Robson		Hills District	2:56.66
8 Jace Rowley		Hills District	2:57.24

Boys U 13 - 800 Metre Run

Zone: Z 2:18.03 10/12/2017 Lachlan Wood, Winston Hills			
Name	Age	Centre	Final
1 Billy Mulvihill		Hills District	2:23.44
2 Nate Gill		Riverstone	2:31.04
3 Riley Christie		Winston Hills	2:33.43
4 Noah Ribeiro		Hills District	2:33.67
5 Conor McNeill		Hawkesbury City	2:41.43
6 Jackson Civijovski		Winston Hills	2:47.56
7 Isaac Chevalier		Winston Hills	2:53.59
8 Callum Kent		Riverstone	2:55.37
9 Luc Waterplas		Rouse Hill Rams	2:55.60
10 Jasper Deane		Hills District	3:03.57
11 Aidan Pospischil		Winston Hills	3:05.40

Boys U 14 - 800 Metre Run

Zone: Z 2:08.41 11/12/2016 Joshua Atkinson, Hills Dist			
Name	Age	Centre	Final
1 Ethan Kelly		Hills District	2:26.57
2 Ben Haaf		Winston Hills	2:32.22
3 Jamie Preston		Hills District	2:43.02

Boys U 15 - 800 Metre Run

Zone: Z 2:04.73 10/12/2017 Joshua Atkinson, Hills Dist			
Name	Age	Centre	Final
1 Lachlan Wood		Winston Hills	2:16.72
2 Matthew Harragon		Winston Hills	2:18.66
3 Travis Hargrave		Hawkesbury City	2:20.09
4 Joseph McEnearney		Hills District	2:26.36
5 Riley Cotter		Hawkesbury City	2:35.35
6 Brendan Pospischil		Winston Hills	2:38.33
7 Jack Robson		Hills District	2:41.87

Boys U 17 - 800 Metre Run

Zone: Z 1:55.43 15/12/2019 Joshua Atkinson, Hills Dist			
Name	Age	Centre	Final
1 Joshua Atkinson		Hills District	1:55.43Z
2 Johnson Christian		Rouse Hill Rams	2:07.94
3 Ockert DuPlessis		Winston Hills	2:09.90

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 17 - 800 Metre Run**

4	Hugh Gillespie	Hills District	2:14.00
5	Blake Metcalfe	Kings Langley	2:19.56
6	Grishan Rajaratnum	Hills District	2:20.05
7	Liam Ramsay	Hills District	2:24.34
8	Elijah Shipley	Kings Langley	2:25.39
9	Rory Martin	Winston Hills	2:25.70
10	Kayden Anderson	Winston Hills	2:28.16
11	Jackson Deane	Hills District	2:30.03

Boys U 11 - 1500 Metre Run

Zone: Z 4:59.30 1/01/1982 P Stellino, Hills

Name	Age Centre	Final
1	Cameron Bloem Hills District	5:09.18
2	Harrison Ferns Hills District	5:18.68
3	Damon Jones Riverstone	5:21.00
4	Zacary Green Hills District	5:25.74
5	Alexander Eason Hills District	5:44.55
6	Callum Garbers Rouse Hill Rams	5:48.35
7	Alex Bayliss Winston Hills	5:59.31
8	Gregory Richter Hills District	6:19.91
9	Matthew Timbs Hills District	6:26.91
10	Dexter Lloyd Rouse Hill Rams	7:20.04

Boys U 12 - 1500 Metre Run

Zone: Z 4:38.50 1/01/1983 N Stellino, Hills

Name	Age Centre	Final
1	Jacob Astill Hawkesbury City	5:17.50
2	Oliver Golding Hills District	5:24.53
3	Owen Bellomo Hills District	5:24.81
4	Joshua Hand Winston Hills	5:32.30
5	Xavier Saffy Winston Hills	5:34.44
6	Max McCarthy Hawkesbury City	5:47.14
7	Kane Robson Hills District	6:06.09

Boys U 13 - 1500 Metre Run

Zone: Z 4:39.80 12/12/2015 Joshua Atkinson, Hills Dist

Name	Age Centre	Final
1	Billy Mulvihill Hills District	4:47.59
2	Riley Christie Winston Hills	5:23.22
3	Noah Ribeiro Hills District	5:25.96
4	Jackson Civijovski Winston Hills	5:32.93
5	Isaac Chevalier Winston Hills	5:56.73
6	Callum Kent Riverstone	6:03.19
7	Ethan Ritchie Hawkesbury City	6:07.23
8	Jasper Deane Hills District	6:11.64
9	Aidan Pospischil Winston Hills	6:16.17

Boys U 14 - 1500 Metre Run

Zone: Z 4:32.16 28/01/2012 Benjamin Thomson, Hills Dis

Name	Age Centre	Final
1	Ethan Kelly Hills District	5:16.06

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 14 - 1500 Metre Run**

2 Samuel Waring	Hills District	5:47.46
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Boys U 15 - 1500 Metre Run

Zone: Z 4:20.45 29/01/2005 J Kaan, Hills

Name	Age Centre	Final
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1 Pranshav Shah	Kings Langley	4:57.41
2 Matthew Harragon	Winston Hills	4:58.97
3 Joseph McEnearney	Hills District	5:10.59
4 Brendan Pospischil	Winston Hills	5:18.71
5 Riley Cotter	Hawkesbury City	5:21.46
6 Jack Robson	Hills District	5:45.66

Boys U 17 - 1500 Metre Run

Zone: Z 4:18.70 14/12/2013 Ben Thomson, Hills District

Name	Age Centre	Final
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1 Johnson Christian	Rouse Hill Rams	4:27.74
2 Hugh Gillespie	Hills District	4:46.43
3 Zac Bloem	Hills District	4:52.14
4 Ryan McGuckin	Hills District	5:03.94
5 Jonathan Hills	Hills District	5:05.23
6 Jonah Sewell	Hills District	5:10.57
7 Rory Martin	Winston Hills	5:22.81
8 Jackson Deane	Hills District	5:30.10
9 Beau Jenkins	Kings Langley	5:49.11

Boys U 13 - 3000 Metre Run

Zone: Z 10:03.63 13/12/2019 Billy Mulvihill, Hills Dis

Name	Age Centre	Final
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1 Billy Mulvihill	Hills District	10:03.63Z
2 Riley Christie	Winston Hills	11:42.44
3 Jackson Civijovski	Winston Hills	11:47.20
4 Ethan Ritchie	Hawkesbury City	13:03.04
5 Aidan Pospischil	Winston Hills	13:41.77

Boys U 14 - 3000 Metre Run

Zone: Z 9:50.38 28/01/2012 Benjamin Thomson, Hills Dis

Name	Age Centre	Final
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1 Samuel Waring	Hills District	12:18.70
2 Lachlan Ward	Hawkesbury City	12:35.09

Boys U 15 - 3000 Metre Run

Zone: Z 9:34.19 8/12/2012 Ben Thomson, Hills District

Name	Age Centre	Final
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1 Pranshav Shah	Kings Langley	10:44.89
2 Rhys Mallia	Hills District	10:47.02
3 Matthew Harragon	Winston Hills	10:50.34
4 Joseph McEnearney	Hills District	11:04.61
5 Brendan Pospischil	Winston Hills	11:37.99
6 Riley Cotter	Hawkesbury City	12:22.68

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 17 - 3000 Metre Run**

Zone: Z 9:18.51 14/12/2013 Ben Thomson, Hills District			
Name	Age	Centre	Final
1 Hugh Gillespie		Hills District	10:05.76
2 Zac Bloem		Hills District	10:07.16
3 Jonah Sewell		Hills District	10:51.91
4 Ryan McGuckin		Hills District	10:54.62
5 Jonathan Hills		Hills District	11:06.44
6 Kayden Anderson		Winston Hills	12:15.47

Boys U 8 - 60 Metre Hurdles (45cm)

Zone: Z 11.00 10/12/2016 Saxon Ward, Hills District			
Name	Age	Centre	Final
1 Bernie Irvine		Winston Hills	12.65
2 Callum Connaughton		Kings Langley	12.74
3 Israel Broady		Winston Hills	13.10
4 Matthew Kenna		Winston Hills	13.21
5 Jackson Lord		Hawkesbury City	14.71
6 Finley Gardner		Rouse Hill Rams	14.90
7 Zane Cowper		Rouse Hill Rams	15.20

Section 2

1 Xavier Eason		Hills District	11.56
2 Ruari Mercer		Hills District	12.21
3 Aiden Harvey		Rouse Hill Rams	12.65
4 Hayden Martin		Winston Hills	13.36
5 Liam Firer		Hills District	13.37
6 Aarush Kumar		Hills District	13.82
7 Jake Miller		Kings Langley	14.22
8 Jack Newsome		Kings Langley	15.03
9 James Muccino		Winston Hills	17.77

Boys U 9 - 60 Metre Hurdles (45cm)

Zone: Z 10.10 4/02/1995 C Nielson, Winston Hills			
Name	Age	Centre	Final
1 Ben Charlwood		Winston Hills	11.36
2 Kaeden Hochstetter		Hills District	11.51
3 Roman Iori		Riverstone	11.53
4 Aidan Studders		Hills District	11.79
5 Jonah West		Hills District	12.13
6 Finn Stewart		Rouse Hill Rams	12.83
7 Eshan Jayewardene		Winston Hills	13.88

Section 2

1 Andy Riot		Hills District	10.73
2 Taine Katalinic		Winston Hills	11.10
3 Eli Saffy		Winston Hills	11.76
4 Jayden Calder		Riverstone	11.95
5 Rafael Ortiz		Kings Langley	12.11
6 Blake Spencer		Rouse Hill Rams	12.12
7 Finnegan Brook		Hills District	12.15
8 Archie Mak		Hills District	12.16

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 10 - 60 Metre Hurdles (60cm)**

Zone: Z 9.60 7/12/1991 G O'Donnell, Richmond			
Name	Age	Centre	Final
Section 1			
1 Charlie Andrews		Winston Hills	10.82
2 Jake Wynne		Kings Langley	11.68
3 William Harvey		Rouse Hill Rams	12.02
4 Lucas Ward		Kings Langley	12.85
5 Aaron Chevalier		Winston Hills	12.90
6 Phoenix Rupert		Hills District	13.00
7 Tom Lean		Rouse Hill Rams	14.73
Section 2			
1 Noah Kemp		Hawkesbury City	11.51
2 Kylan Simpson		Hills District	12.50
3 Kai Hall		Hills District	13.03
4 Banjo Pelusi		Winston Hills	13.39
5 Connor Carter		Winston Hills	14.38
6 Rafael Chmielewski		Kings Langley	14.72

Boys U 11 - 80 Metre Hurdles (60cm)

Zone: Z 13.78 15/12/2019 William Cetinic, Hills Distri			
Name	Age	Centre	Final
Section 1			
1 Dean Grant		Winston Hills	15.54
2 Yusuf Tajudeen		Hills District	15.60
3 Dexter Lloyd		Rouse Hill Rams	16.31
4 Joshua Page		Hills District	16.91
5 Elliott Heys		Rouse Hill Rams	18.15
6 Isaac Judd		Winston Hills	18.28
Section 2			
1 William Cetinic		Hills District	13.78Z
2 Jack Proudford		Hills District	15.51
3 Keegan Free		Hills District	15.82
4 Damon Jones		Riverstone	16.44
5 Cooper Finch		Hills District	17.33
6 Harry Charlwood		Winston Hills	18.51

Boys U 12 - 80 Metre Hurdles (68cm)

Zone: Z 12.77 15/12/2019 Joshua Cetinic, Hills Distric			
Name	Age	Centre	Final
Section 1			
1 Joshua Cetinic		Hills District	12.77Z
2 Liam Hayes		Hills District	13.63
3 Amos Mashiah		Hills District	14.85
4 Henry Andrews		Winston Hills	15.73
5 Carter Gardner		Rouse Hill Rams	16.01
Section 2			
1 Jesse Brodrick		Winston Hills	14.18
2 Luke Williams		Hills District	14.54
3 Alex Margiotta		Rouse Hill Rams	14.94
4 Jacob Astill		Hawkesbury City	15.01
5 Yulin Li		Winston Hills	15.94
6 Owen Bellomo		Hills District	16.47
7 Tory Emme		Hawkesbury City	20.30

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 13 - 80 Metre Hurdles (76cm)**

Zone: Z 12.10 2/02/1997 A Abou-Mahmoud, Winston Hills			
Name	Age	Centre	Final
Section 1			
1 Riley Busst		Hills District	13.65
2 Noah Ribeiro		Hills District	14.49
3 Aaron Moors		Hills District	14.71
4 Conor McNeill		Hawkesbury City	16.97
5 Brock Prideaux		Winston Hills	16.99
6 Luc Waterplas		Rouse Hill Rams	17.24
7 Liam Connell		Hills District	17.51

Boys U 14 - 90 Metre Hurdles (76cm)

Zone: Z 12.55 3/02/2008 N Hough, Hills			
Name	Age	Centre	Final
1 Cameron Davies		Hawkesbury City	14.03
2 Lachlan Ward		Hawkesbury City	14.07
3 Kevin Twigge		Rouse Hill Rams	15.21
4 Lucas Hosking		Hills District	16.71
5 Liam Roche		Hills District	17.01
6 William Casey		Winston Hills	17.57

Boys U 15 - 100 Metre Hurdles (76cm)

Zone: Z 14.49 30/01/2005 C Burns, Hawkesbury City			
Name	Age	Centre	Final
1 Ryan Salloman		Winston Hills	16.32
2 Ilankumaran Murugappan		Kings Langley	17.68

Boys U 17 - 110 Metre Hurdles (76cm)

Zone: Z 15.05 15/12/2013 Todd Owen, Kings Langley			
Name	Age	Centre	Final
1 Blake Archer		Rouse Hill Rams	15.32
2 Jake Baptiste		Kings Langley	15.64
3 Cameron Ward		Kings Langley	16.44
4 Jarrod Turk		Hills District	16.61
5 Blake Metcalfe		Kings Langley	17.50
6 Liam Preston		Hills District	18.51
7 Connor Flood		Hawkesbury City	18.80

Boys U 13 - 200 Metre Hurdles (68cm)

Zone: Z 28.30 1/01/1985 L Liaubon, Winston Hills			
Name	Age	Centre	Final
1 Noah Ribeiro		Hills District	30.68
2 Riley Busst		Hills District	31.34
3 James McNally		Hills District	32.36
4 Jasper Deane		Hills District	32.49
5 Lliam Newey-Brown		Winston Hills	32.67

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 14 - 200 Metre Hurdles (76cm)**

Zone: Z 25.41 2/02/2008 N Hough, Hills			
Name	Age	Centre	Final
1 Cameron Davies		Hawkesbury City	28.49
2 Ethan Smit		Hills District	29.51
3 Ben Haaf		Winston Hills	30.58
4 Kevin Twigge		Rouse Hill Rams	31.77
5 Maxx Rowley		Hills District	33.15
6 Lucas Hosking		Hills District	34.95

Boys U 15 - 300 Metre Hurdles (76cm)

Zone: Z 45.75 8/12/2018 Jake Baptiste, Kings Langley			
Name	Age	Centre	Final
1 Benjamin Waring		Hills District	49.01
2 William Bello		Hills District	51.23
3 Joseph McEneaney		Hills District	52.30

Boys U 17 - 300 Metre Hurdles (76cm)

Zone: Z 42.71 13/12/2019 Jake Baptiste, Kings Langley			
Name	Age	Centre	Final
1 Jake Baptiste		Kings Langley	42.71Z
2 Jarrod Turk		Hills District	43.91
3 Zac Collison		Winston Hills	46.29
4 Jackson Deane		Hills District	49.78
5 Benjamin Smith		Kings Langley	55.02

Boys U 9-10 800 Metre Multi Class Run

Zone: Z 4:41.56 15/12/2019 Levi Douglas, Hawkesbury Ci			
Name	Age	Centre	Final
1 Levi Douglas		Hawkesbury City	4:41.56Z

Boys U 9-12 4x100 Metre Relay (Jnr)

Zone: Z 56.68 15/12/2019 Hills District, Hills Distric			
Centre	Age	Centre	Final
1 Hills District			56.68Z
2 Winston Hills			59.10
3 Rouse Hill Rams			1:01.57
4 Hawkesbury City			1:02.38
5 Kings Langley			1:05.30
6 Riverstone			1:07.22

Boys U 12-17 4x100 Metre Relay (Snr)

Zone: Z 47.59 15/12/2019 Hills District, Hills Distric			
Centre	Age	Centre	Final
1 Hills District			47.59Z
2 Winston Hills			48.77
3 Hawkesbury City			51.12
4 Kings Langley			53.15
5 Rouse Hill Rams			54.88

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 12-17 4x100 Metre Relay (Snr)**

6 Riverstone 58.23

Boys U 9 - High Jump (S/H 0.85m)

Zone: Z 1.40m 10/12/2016 Joshua Hand, Winston Hills

Name	Age Centre	Final
Flight 1		
1 Taine Katalinic	Winston Hills	1.15m
2 Andy Riot	Hills District	1.13m
3 Finn Sweeney	Hills District	1.09m
4 Ryan Haaf	Winston Hills	1.07m
5 Aidan Studders	Hills District	1.05m
6 Hayden Free	Hills District	1.00m
6 Ayroneveer Gill	Hills District	1.00m
8 Ned Francis	Winston Hills	0.95m
8 Brian Jack	Kings Langley	0.95m
8 Eli Saffy	Winston Hills	0.95m
8 Jordan Maxwell	Kings Langley	0.95m
12 Max Flood	Hawkesbury City	0.90m
12 Andre Chmielewski	Kings Langley	0.90m
12 Kieren Petersen	Kings Langley	0.90m
12 Tristan Quee	Hills District	0.90m
16 Logan Smith	Hawkesbury City	0.85m
-- Oliver Ohmsen	Rouse Hill Rams	NH

Boys U 10 - High Jump (S/H 0.95m)

Zone: Z 1.41m 1/01/1980 D Harris, P Town

Name	Age Centre	Final
1 Noah Kemp	Hawkesbury City	1.21m
2 Knox Harper	Hawkesbury City	1.17m
3 Cory Mardling	Winston Hills	1.15m
4 Lachlan Probin	Hills District	1.10m
4 Lucas Ward	Kings Langley	1.10m
4 Thomas Lowndes	Hills District	1.10m
4 Cooper Thompson	Kings Langley	1.10m
8 William Harvey	Rouse Hill Rams	1.00m
9 Connor Carter	Winston Hills	0.95m
9 Ronin Lindsay	Winston Hills	0.95m
-- Harrison Nolan	Hills District	NH
-- Carter Makira	Winston Hills	NH
-- Kai Hall	Hills District	NH

Boys U 11 - High Jump (S/H 1.05m)

Zone: Z 1.50m 28/01/2006 J Edwards, Winston Hills

Name	Age Centre	Final
1 Brayden Thompson	Hills District	1.30m
2 William Cetinic	Hills District	1.23m
3 Jack Proudford	Hills District	1.19m
3 Alex Bayliss	Winston Hills	1.19m
5 Aarush Anandh	Hills District	1.10m
5 Kingsley Askew	Winston Hills	1.10m
7 Callum Garbers	Rouse Hill Rams	1.05m
7 Hugo Waterplas	Rouse Hill Rams	1.05m
-- Ethan Tait	Hills District	NH

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 11 - High Jump (S/H 1.05m)**

-- Elliott Heys	Rouse Hill Rams	NH
-- Dexter Lloyd	Rouse Hill Rams	NH
-- Aidan Siney	Hills District	NH

Boys U 12 - High Jump (S/H 1.15m)

=====			
Zone: Z 1.52m 1/01/1988 N Wallington, Hills			
Name	Age	Centre	Final
=====			
1 Alex Margiotta		Rouse Hill Rams	1.38m
2 Luca de Burnay Thompson		Hawkesbury City	1.36m
3 Marcus Rajan		Winston Hills	1.32m
4 Yulin Li		Winston Hills	1.30m
5 Jacob Astill		Hawkesbury City	1.25m
5 Jesse Brodrick		Winston Hills	1.25m
5 Liam Grant		Winston Hills	1.25m
5 Taylan Weissel		Hawkesbury City	1.25m
9 Chayangkul Usaprom		Kings Langley	1.20m
10 Jett Harper		Hawkesbury City	1.15m
10 Amos Mashiah		Hills District	1.15m
10 Cooper Thorpe		Hills District	1.15m
10 Henry Andrews		Winston Hills	1.15m

Boys U 13 - High Jump (S/H 1.20m)

=====			
Zone: Z 1.78m 2/02/1991 P Jackson, Richmond			
Name	Age	Centre	Final
=====			
1 Nate Gill		Riverstone	1.45m
2 Riley Busst		Hills District	1.43m
3 Jasper Deane		Hills District	1.35m
3 Zach Redwood		Winston Hills	1.35m
3 Noah Ribeiro		Hills District	1.35m
6 Isaac Chevalier		Winston Hills	1.30m
6 James McNally		Hills District	1.30m
6 Benjamin Hyde		Hills District	1.30m
-- Conor McNeill		Hawkesbury City	NH
-- Aryan Ryan		Winston Hills	NH

Boys U 14 - High Jump (S/H 1.25m)

=====			
Zone: Z 1.72m 27/10/2003 M Claridge, Hills			
Name	Age	Centre	Final
=====			
1 Ben Haaf		Winston Hills	1.57m
2 Taine Cassar		Hills District	1.55m
3 Jayeola Sunmola		Hills District	1.41m
4 Mitchell Borg		Kings Langley	1.39m
5 Liam Roche		Hills District	1.35m
5 Lucas Scerri		Winston Hills	1.35m
7 Harvey Barrett		Winston Hills	1.30m
8 Maxx Rowley		Hills District	1.25m

Boys U 15 - High Jump (S/H 1.25m)

=====			
Zone: Z 1.85m 29/01/2005 R Webster, Winston Hills			
Name	Age	Centre	Final
=====			
1 Lav Banjac		Hills District	1.59m

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 15 - High Jump (S/H 1.25m)**

2	Spencer Ahenkan	Hills District	1.57m
3	Ryan Salloman	Winston Hills	1.57m
4	Benjamin Waring	Hills District	1.55m
5	Luke Juhart	Winston Hills	1.55m
6	William Potts	Hawkesbury City	1.55m
7	William Bello	Hills District	1.50m
8	Jy Windle	Winston Hills	1.45m
9	Riley Cotter	Hawkesbury City	1.40m

Boys U 17 - High Jump (S/H 1.30m)

Zone: Z 1.84m 8/12/2018 Omar Nadaya-Harb, Winston Hil

Name	Age Centre	Final	
1	Erick Rajan	Winston Hills	1.75m
2	Joel Davis	Hills District	1.73m
2	Jay DeCourcy	Hawkesbury City	1.73m
4	Okiemute Albert-Ikolo	Hills District	1.69m
5	Conor Siney	Hills District	1.67m
5	Blake Archer	Rouse Hill Rams	1.67m
7	Jake Baptiste	Kings Langley	1.60m
7	Beau Jenkins	Kings Langley	1.60m
9	Thomas Colcomb	Rouse Hill Rams	1.55m
9	Vincent Chan	Kings Langley	1.55m
9	Jarrold Turk	Hills District	1.55m
12	Connor Flood	Hawkesbury City	1.50m
13	Benjamin Smith	Kings Langley	1.30m

Boys U 7 - Long Jump

Zone: Z 3.59m 1/01/1988 G.Wells, Winston Hills

Name	Age Centre	Final	
1	Dre Waters	Hawkesbury City	2.72m
2	Joshua Waddington	Winston Hills	2.70m
2	Tatum Kriesch	Winston Hills	2.70m
4	Chase Mattiazzo	Hills District	2.65m
5	Rhys Nethery	Hills District	2.54m
6	Connor Roseby	Riverstone	2.52m
7	Luka Hami-Razavi	Hills District	2.48m
7	Cameron Condon	Rouse Hill Rams	2.48m
9	Phoenix Platon	Hills District	2.38m
10	Liam Bollinger	Hills District	2.37m
11	Carter Zapatero	Winston Hills	2.32m
12	Hugo Nolan	Hills District	2.17m
13	Oliver White	Rouse Hill Rams	2.14m
14	Brady Roberts	Riverstone	2.00m

Boys U 8 - Long Jump

Zone: Z 3.95m 1/01/1985 C Pound, Winston Hills

Name	Age Centre	Final	
1	Tyler Watkin	Hills District	3.29m
2	Isaac Simiana	Hawkesbury City	3.11m
3	Samuel Letter	Hills District	3.05m
4	Aarush Kumar	Hills District	3.03m
5	Heath Broughton	Hawkesbury City	3.03m
6	Isaac Portelli	Rouse Hill Rams	3.01m

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 8 - Long Jump**

7	Hayden Martin	Winston Hills	2.82m
8	Hamish Freeland	Hills District	2.71m
9	Brendan Makira	Winston Hills	2.59m
10	Lachlan Macheski	Winston Hills	2.57m
11	Jackson Lord	Hawkesbury City	2.52m
12	Zane Cowper	Rouse Hill Rams	2.47m
13	Caylan Young	Hills District	2.42m
14	Jake Miller	Kings Langley	2.19m
15	Finley Gardner	Rouse Hill Rams	2.13m

Boys U 9 - Long Jump

=====
 Zone: Z 4.27m 1/01/1988 P Wallington, Winston Hills

Name	Age	Centre	Final
1	Andy Riot	Hills District	4.14m
2	Lachlan Dorahy	Hills District	4.11m
3	Aidan Studders	Hills District	3.40m
4	Xavier Scheepers	Hills District	3.33m
5	Ben Charlwood	Winston Hills	3.32m
6	Noah Klish	Kings Langley	3.22m
7	Blake Spencer	Rouse Hill Rams	3.19m
8	Harrison Dunn	Hawkesbury City	3.18m
9	Jamie Cheeseman	Winston Hills	3.13m
10	Finn Sweeney	Hills District	2.96m
10	Logan Smith	Hawkesbury City	2.96m
12	Rafael Ortiz	Kings Langley	2.74m
--	Dean Tatchell	Hills District	ND

Boys U 10 - Long Jump

=====
 Zone: Z 4.53m 1/01/1984 B Courtney, Hills

Name	Age	Centre	Final
1	Alexander Benforte	Rouse Hill Rams	4.20m
2	Aaron Chevalier	Winston Hills	4.01m
3	Charlie Andrews	Winston Hills	3.99m
4	Jet Watkin	Hills District	3.78m
5	Lachlan Albert	Hills District	3.66m
6	Tyler Hawkett	Rouse Hill Rams	3.62m
7	Viliani Wolfgramm	Kings Langley	3.56m
8	Noah Scerri	Winston Hills	3.55m
9	Byron White	Winston Hills	3.53m
9	Oscar Harding	Hills District	3.53m
11	Lucas Ward	Kings Langley	3.43m
12	Phoenix Rupert	Hills District	3.31m
13	Banjo Pelusi	Winston Hills	3.29m
14	Cooper Thompson	Kings Langley	3.25m
15	Preston Peckham	Kings Langley	3.20m
16	Kai Hall	Hills District	3.15m
17	Carter Makira	Winston Hills	2.78m
18	Matthew Marzouk	Hills District	2.66m
19	William Harvey	Rouse Hill Rams	2.56m
19	Tom Lean	Rouse Hill Rams	2.56m

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 11 - Long Jump**

Zone: Z 5.06m 1/01/1986 T Henry, Winston Hills			
Name	Age	Centre	Final
1 William Cetinic		Hills District	4.18m
2 Julian Freeland		Hills District	4.14m
3 William Dorahy		Hills District	4.12m
4 Harrison Ferns		Hills District	4.06m
5 Cameron Bloem		Hills District	4.00m
6 Isaac Ortiz		Kings Langley	3.83m
7 Cooper Finch		Hills District	3.48m
8 Joel O'Brien		Winston Hills	3.34m
9 Isaac Judd		Winston Hills	3.28m

Boys U 12 - Long Jump

Zone: Z 5.10m 1/01/1986 B Courtney, Hills			
Name	Age	Centre	Final
1 Joshua Cetinic		Hills District	5.08m
2 Liam Hayes		Hills District	4.87m
3 Luca de Burnay Thompson		Hawkesbury City	4.61m
4 Cooper Mills		Rouse Hill Rams	4.36m
5 Lachlan Metcalfe		Kings Langley	4.28m
6 Rhys Webster		Winston Hills	4.27m
7 Alex Margiotta		Rouse Hill Rams	4.23m
8 Chayangkul Usaprom		Kings Langley	4.19m
9 Jack Loveridge		Winston Hills	4.16m
10 Marcus Rajan		Winston Hills	4.12m
11 Joshua Hand		Winston Hills	4.08m
12 Oliver Golding		Hills District	4.06m
13 Taylan Weissel		Hawkesbury City	3.97m
14 Carter Gardner		Rouse Hill Rams	3.95m
15 Jesse Brodrick		Winston Hills	3.89m
16 Amos Mashiah		Hills District	3.82m
17 Luke Williams		Hills District	3.75m
18 Jonathan du Preez		Rouse Hill Rams	3.69m
19 Joshua Auld		Winston Hills	3.57m
20 Ayush Singh		Riverstone	3.34m
21 Max McCarthy		Hawkesbury City	3.04m
22 Oliver Abraham		Riverstone	2.79m

Boys U 13 - Long Jump

Zone: Z 5.37m 11/12/2016 Patrick Spence, Winston Hills			
Name	Age	Centre	Final
1 Daniel Kasozi		Hills District	5.01m
2 Nate Gill		Riverstone	5.00m
3 Dylan Illangantilake		Hills District	4.87m
4 Harrison Auld		Winston Hills	4.70m
4 Benjamin Hyde		Hills District	4.70m
6 Aaron Moors		Hills District	4.69m
7 Benjamin Kasozi		Hills District	4.52m
8 Riley Busst		Hills District	4.39m
9 Billy Mulvihill		Hills District	4.37m
9 Zach Redwood		Winston Hills	4.37m
11 Brett Cockayne		Hawkesbury City	4.31m
12 Callum Kent		Riverstone	4.05m
13 Lliam Newey-Brown		Winston Hills	4.03m

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 13 - Long Jump**

14	Conor McNeill	Hawkesbury City	3.94m
15	Lawson Cunningham	Winston Hills	3.92m
16	Luc Waterplas	Rouse Hill Rams	3.88m
17	Thomas Laney	Riverstone	3.70m

Boys U 14 - Long Jump

=====			
Zone: Z 5.90m 10/12/2017 Sylvester Amon, Rouse Hill			
Name	Age	Centre	Final
=====			
1	Sadheel Kumar	Hills District	5.14m
2	Cameron Davies	Hawkesbury City	4.82m
2	Lucas Scerri	Winston Hills	4.82m
4	Ethan Kelly	Hills District	4.61m
5	Harvey Barrett	Winston Hills	4.57m
6	Kevin Twigge	Rouse Hill Rams	4.47m
7	Lachlan Ward	Hawkesbury City	4.42m

Boys U 15 - Long Jump

=====			
Zone: Z 6.00m 27/10/2003 A Semple, Winston Hills			
Name	Age	Centre	Final
=====			
1	Luke Juhart	Winston Hills	5.52m
2	Spencer Ahenkan	Hills District	5.30m
3	Ryan Salloman	Winston Hills	5.23m
4	William Potts	Hawkesbury City	5.20m
5	William Bello	Hills District	5.18m
6	Jy Windle	Winston Hills	5.09m

Boys U 17 - Long Jump

=====			
Zone: Z 6.55m 14/12/2013 Jordan Coleman, Hills Distric			
Name	Age	Centre	Final
=====			
1	Blake Archer	Rouse Hill Rams	5.84m
2	Jay DeCourcy	Hawkesbury City	5.80m
3	Jake Baptiste	Kings Langley	5.70m
4	Okiemute Albert-Ikolo	Hills District	5.65m
5	Cameron Ward	Kings Langley	5.36m
6	Joel Davis	Hills District	5.26m
7	Beau Jenkins	Kings Langley	4.98m
8	Thomas Colcomb	Rouse Hill Rams	4.83m
9	Michael White	Kings Langley	4.64m
10	Elijah Shipley	Kings Langley	4.63m
11	Jayden Perry	Hawkesbury City	4.39m
12	Liam Perry	Hawkesbury City	4.17m
13	Connor Flood	Hawkesbury City	4.13m

Boys U 11 - Triple Jump

=====			
Zone: Z 10.12m 29/01/2005 N Hough, Hills			
Name	Age	Centre	Final
=====			
1	Ashwin Ramaswamy	Hills District	10.02m
2	Nicholas McNally	Hills District	9.51m
3	Aarush Anandh	Hills District	8.76m
4	Alexander Eason	Hills District	8.74m
5	Harrison Ferns	Hills District	8.66m

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 11 - Triple Jump**

6 Yusuf Tajudeen	Hills District	8.63m
7 Isaac Ortiz	Kings Langley	8.32m
8 Joel O'Brien	Winston Hills	7.92m
9 Dexter Lloyd	Rouse Hill Rams	7.45m
10 Dean Grant	Winston Hills	7.25m
11 Hugo Waterplas	Rouse Hill Rams	6.77m
12 Isaac Judd	Winston Hills	6.75m

Boys U 12 - Triple Jump

Zone: Z 10.77m 30/01/2011 F Adutwum, Quakers Hill

Name	Age Centre	Final
1 Luca de Burnay Thompson	Hawkesbury City	9.90m
2 Yulin Li	Winston Hills	9.86m
3 Rhys Webster	Winston Hills	9.49m
4 Marcus Rajan	Winston Hills	9.02m
5 Chayangkul Usaprom	Kings Langley	8.96m
6 Luke Williams	Hills District	8.87m
7 Amos Mashiah	Hills District	8.81m
8 Jesse Brodrick	Winston Hills	8.74m
9 Taylan Weissel	Hawkesbury City	8.61m
10 Cooper Thorpe	Hills District	8.12m
11 Joshua Auld	Winston Hills	8.10m
12 Liam Piggott	Hills District	8.01m
13 Jonathan du Preez	Rouse Hill Rams	7.86m
14 Tory Emme	Hawkesbury City	7.35m
15 Daniel Whitehouse	Rouse Hill Rams	6.83m

Boys U 13 - Triple Jump

Zone: Z 11.76m 27/01/2007 N Hough, Hills

Name	Age Centre	Final
1 Riley Busst	Hills District	10.26m
2 Harrison Auld	Winston Hills	10.06m
3 James McNally	Hills District	9.88m
4 Nate Gill	Riverstone	9.80m
5 Brett Cockayne	Hawkesbury City	9.49m
6 Liam Connell	Hills District	8.29m
7 Callum Kent	Riverstone	7.95m
8 Aidan Pospischil	Winston Hills	7.49m

Boys U 14 - Triple Jump

Zone: Z 12.27m 9/12/2017 Sylvester Amon, Rouse Hill

Name	Age Centre	Final
1 Jayeola Sunmola	Hills District	11.27m
2 Lachlan Ward	Hawkesbury City	10.29m
3 Lucas Scerri	Winston Hills	10.15m
4 Kevin Twigge	Rouse Hill Rams	9.99m
5 Mitchell Borg	Kings Langley	9.25m

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 15 - Triple Jump**

Zone: Z 12.37m 27/10/2003 A Semple, Winston Hills			
Name	Age	Centre	Final
1 Luke Juhart		Winston Hills	11.55m
2 Lav Banjac		Hills District	11.40m
3 William Potts		Hawkesbury City	11.25m
4 Ilankumaran Murugappan		Kings Langley	11.24m
5 Ryan Salloman		Winston Hills	11.17m
6 Jy Windle		Winston Hills	10.98m
7 William Bello		Hills District	10.92m
8 Kieran Teh		Kings Langley	10.38m

Boys U 17 - Triple Jump

Zone: Z 13.12m 7/12/2018 Omar Nadaya-Harb, Winston Hi			
Name	Age	Centre	Final
1 Jay DeCourcy		Hawkesbury City	12.97m
2 Jake Baptiste		Kings Langley	12.89m
3 Elijah Shipley		Kings Langley	11.91m
4 Jarrod Turk		Hills District	11.66m
5 Benjamin Smith		Kings Langley	8.53m

Boys U 7 - Shot Put (1.0 Kg)

Zone: Z 9.50m 13/12/2014 Lachlan Metcalfe, Kings Langl			
Name	Age	Centre	Final
1 Joshua Waddington		Winston Hills	4.55m
2 Carter Zapatero		Winston Hills	3.55m
3 Luka Hami-Razavi		Hills District	3.54m
4 Hugo Nolan		Hills District	3.44m
5 Christopher Timbs		Hills District	3.27m
6 Rhys Nethery		Hills District	3.15m
7 Liam Gray		Hills District	3.12m
8 Riyaan Thakkar		Hills District	2.40m
-- Tristan Hopwood		Winston Hills	ND

Boys U 8 - Shot Put (1.5 Kg)

Zone: Z 9.04m 12/12/2015 Lachlan Metcalfe, Kings Langl			
Name	Age	Centre	Final
1 James Powell		Hills District	5.71m
2 Xavier Eason		Hills District	5.46m
3 Michael Giffney		Kings Langley	5.42m
4 Heath Broughton		Hawkesbury City	5.12m
5 Jack Gale		Winston Hills	5.06m
6 Hayden Martin		Winston Hills	4.54m
7 Matthew Kenna		Winston Hills	4.43m
8 Liam Firer		Hills District	4.38m
9 Oliver Lowndes		Hills District	4.16m
10 Brendan Makira		Winston Hills	3.89m
11 Luke Wilkinson		Hawkesbury City	3.76m
12 Callum Connaughton		Kings Langley	3.63m
13 George de Sacadura		Hills District	3.51m

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 9 - Shot Put (2.0 Kg)**

Zone: Z 9.70m 29/01/2005 T Moerea, Winston Hills			
Name	Age	Centre	Final
1 Hayden Free		Hills District	6.46m
2 Gabriel Plummer		Hills District	5.97m
3 Roman Iori		Riverstone	5.38m
4 Jayme Taylor Hanniffy		Hills District	5.34m
5 Harry Lewis		Rouse Hill Rams	5.15m
6 Eli Saffy		Winston Hills	5.08m
7 Tristan Quee		Hills District	5.02m
8 Jamie Cheeseman		Winston Hills	4.91m
9 Luke Yanz		Hills District	4.86m
10 Kieren Petersen		Kings Langley	4.67m
11 Rafael Ortiz		Kings Langley	4.38m
12 James Grima		Riverstone	3.55m
13 Oliver Ohmsen		Rouse Hill Rams	3.03m
14 Max Flood		Hawkesbury City	2.26m

Boys U 10 - Shot Put (2.0 Kg)

Zone: Z 11.25m 26/01/2003 M Teina, Winston Hills			
Name	Age	Centre	Final
1 Thomas Jackson		Winston Hills	9.34m
2 Oscar Harding		Hills District	6.48m
3 Sriram Durai		Hills District	6.20m
4 Zachary Wilkson		Hawkesbury City	6.01m
5 Rafael Chmielewski		Kings Langley	5.74m
6 Knox Harper		Hawkesbury City	5.43m
7 Hayden Greenwood		Hills District	5.20m
8 Stirling Post		Hills District	5.18m
9 Ronin Lindsay		Winston Hills	5.04m
10 Curtis Davies		Riverstone	5.01m
11 Connor Carter		Winston Hills	4.86m
12 Vegas-Blayze Clark		Riverstone	4.81m
13 Tom Lean		Rouse Hill Rams	4.21m

Boys U 11 - Shot Put (2.0 Kg)

Zone: Z 13.22m 31/01/2004 M Teina, Winston Hills			
Name	Age	Centre	Final
1 Hugo Waterplas		Rouse Hill Rams	8.24m
2 Yusuf Tajudeen		Hills District	7.58m
3 Lennox Woodhouse		Hawkesbury City	6.46m
4 Aidan Siney		Hills District	6.39m
5 Riley Paki		Hills District	6.22m
6 Joshua Page		Hills District	5.91m
7 Elliott Heys		Rouse Hill Rams	5.38m
8 Cooper Finch		Hills District	5.26m
9 Liam Reed		Hills District	4.51m

Boys U 12 - Shot Put (2.0 Kg)

Zone: Z 13.12m 9/12/2018 Benjamin Kasozi, Hills Distr			
Name	Age	Centre	Final
1 Lachlan Metcalfe		Kings Langley	12.68m
2 Luke Williams		Hills District	10.22m

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS

LANSW

Results

....Boys U 12 - Shot Put (2.0 Kg)

3	Joshua Hand	Winston Hills	9.52m
4	Joshua Cetinic	Hills District	9.03m
5	Xavier Saffy	Winston Hills	8.89m
6	Rohnan Lindsay	Winston Hills	8.76m
7	Brandon Viko	Winston Hills	8.13m
8	Tory Emme	Hawkesbury City	7.68m
9	Cooper Gravina	Rouse Hill Rams	7.27m
10	Alex Vella	Hawkesbury City	6.86m
11	Daniel Whitehouse	Rouse Hill Rams	5.21m
12	Maverick Blunden	Hawkesbury City	3.42m
--	Jett Harper	Hawkesbury City	ND

Boys U 13 - Shot Put (3.0 Kg)

=====
 Zone: Z 16.34m 5/02/1994 S Novkovic, WInston Hills
 Name Age Centre Final
 =====

1	Daniel Kasozi	Hills District	15.06m
2	Benjamin Kasozi	Hills District	14.35m
3	Max Jackson	Winston Hills	10.79m
4	Roden Dew	Winston Hills	9.27m
5	Jasper Deane	Hills District	8.74m
6	Liam Connell	Hills District	7.17m
7	Isaac Chevalier	Winston Hills	6.95m
8	Thomas Laney	Riverstone	5.91m

Boys U 14 - Shot Put (3.0 Kg)

=====
 Zone: Z 16.16m 13/12/2014 Jandamurra Stewart, Winston
 Name Age Centre Final
 =====

1	Harvey Barrett	Winston Hills	9.84m
2	Jamie Preston	Hills District	9.40m
3	Jamie King	Hills District	6.46m

Boys U 15 - Shot Put (4.0 Kg)

=====
 Zone: Z 17.34m 30/01/1988 M Sowden, Riverstone
 Name Age Centre Final
 =====

1	Daniel de Sacadura	Hills District	12.39m
2	Ilankumaran Murugappan	Kings Langley	11.99m
3	Caleb Knight	Winston Hills	11.33m
4	William Potts	Hawkesbury City	10.55m
5	Spencer Brown	Hills District	10.25m
6	William Bello	Hills District	10.08m

Boys U 17 - Shot Put (5.0 Kg)

=====
 Zone: Z 15.34m 31/01/2009 M Teina, Winston Hills
 Name Age Centre Final
 =====

1	Blake Archer	Rouse Hill Rams	13.68m
2	Jay DeCourcy	Hawkesbury City	12.22m
3	Thomas Colcomb	Rouse Hill Rams	12.19m
4	Conor Siney	Hills District	11.45m
5	Jayden Duncum	Kings Langley	10.97m
6	Joel Davis	Hills District	10.49m
7	Brett Horton	Winston Hills	8.71m

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 17 - Shot Put (5.0 Kg)**

8 Zachary Glasheen-Smith	Riverstone	8.69m
9 Kayden Anderson	Winston Hills	8.56m

Boys U 7 - Discus (350 Gram)

Zone: Z 27.67m 14/12/2014 Lachlan Metcalfe, Kings Lang

Name	Age Centre	Final
1 Joshua Waddington	Winston Hills	11.65m
2 Liam Bollinger	Hills District	10.78m
3 Luka Hami-Razavi	Hills District	10.41m
4 Cameron Condon	Rouse Hill Rams	8.70m
5 Liam Gray	Hills District	7.55m
6 Lincoln Thompson	Hills District	6.83m
7 Harry Powell	Hills District	6.63m
8 Cameron Downey	Hills District	5.68m
9 Carter Zapatero	Winston Hills	5.59m
-- Tristan Hopwood	Winston Hills	ND

Boys U 8 - Discus (500 Gram)

Zone: Z 27.86m 30/01/2000 S Dhaliwal, Quakers Hill

Name	Age Centre	Final
1 Jack Gale	Winston Hills	16.41m
2 Michael Giffney	Kings Langley	13.80m
3 James Powell	Hills District	13.44m
4 Heath Broughton	Hawkesbury City	13.27m
5 Hayden Martin	Winston Hills	12.92m
6 Isaac Portelli	Rouse Hill Rams	12.54m
7 Matthew Kenna	Winston Hills	11.58m
8 Oliver Stark	Hills District	11.23m
9 Emmett Parsons	Winston Hills	11.15m
10 Luke Wilkinson	Hawkesbury City	9.75m
11 Tyler Watkin	Hills District	9.40m
12 Aisaia Vella	Hawkesbury City	9.25m
13 Brendan Makira	Winston Hills	9.17m
14 George de Sacadura	Hills District	8.87m
15 Mason Gibson	Hawkesbury City	8.66m
16 Aiden Harvey	Rouse Hill Rams	8.11m
17 Jackson Lord	Hawkesbury City	7.81m
18 Oliver Lowndes	Hills District	7.28m

Boys U 9 - Discus (500 Gram)

Zone: Z 30.83m 30/01/2005 T Moerea, Winston Hills

Name	Age Centre	Final
1 Taine Katalinic	Winston Hills	20.51m
2 Eli Saffy	Winston Hills	19.66m
3 Hayden Free	Hills District	18.56m
4 Jayme Taylor Hanniffy	Hills District	15.57m
5 Gabriel Plummer	Hills District	15.56m
6 Roman Iori	Riverstone	15.43m
7 Finnegan Brook	Hills District	13.98m
8 Harrison Dunn	Hawkesbury City	13.88m
9 Tristan Prosser-Shaw	Hills District	13.60m
10 Harry Lewis	Rouse Hill Rams	13.16m
11 Archie Mak	Hills District	12.42m

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 9 - Discus (500 Gram)**

12 Logan Smith	Hawkesbury City	11.44m
13 Jamie Cheeseman	Winston Hills	11.39m
14 Brian Jack	Kings Langley	11.30m
15 Patrick Waddington	Winston Hills	11.20m
16 Eshan Jayewardene	Winston Hills	9.05m

Boys U 10 - Discus (500 Gram)

=====			
Zone: Z 35.40m 31/01/2009 J Baker, Winston Hills			
Name	Age Centre		Final
=====			
1 Aaron Chevalier	Winston Hills		33.01m
2 Thomas Jackson	Winston Hills		28.82m
3 Lucas Ward	Kings Langley		22.10m
4 Benjamin Hand	Winston Hills		18.48m
5 Noah Scerri	Winston Hills		18.46m
6 Oscar Harding	Hills District		17.97m
7 Sriram Durai	Hills District		16.90m
8 Banjo Pelusi	Winston Hills		16.64m
9 Kai Hall	Hills District		16.35m
10 Zachary Wilkson	Hawkesbury City		16.28m
11 Aiden Vella	Hawkesbury City		15.59m
12 Viliami Wolfgramm	Kings Langley		15.01m
13 Jet Watkin	Hills District		14.58m
14 Alex Jack	Kings Langley		14.22m
15 Vegas-Blayze Clark	Riverstone		12.97m
16 Emmanuel Attard	Rouse Hill Rams		11.14m
17 Tom Lean	Rouse Hill Rams		10.18m
18 Hunter Gravina	Rouse Hill Rams		7.26m

Boys U 11 - Discus 500 Gram)

=====			
Zone: Z 35.64m 9/12/2012 Alexander Murdocca, Rouse Hi			
Name	Age Centre		Final
=====			
1 Lennox Woodhouse	Hawkesbury City		29.68m
2 Zachary Weiley	Hills District		23.06m
3 Riley Paki	Hills District		21.65m
4 Douglas Windress	Hills District		19.64m
5 Damon Jones	Riverstone		17.05m
6 Joshua Page	Hills District		17.04m
7 Julian Dreux Corpus	Winston Hills		16.56m
8 Harry Charlwood	Winston Hills		15.21m
9 Elliott Heys	Rouse Hill Rams		13.46m
10 Mitchell Salonga	Hills District		12.42m
-- Marcus Catford	Hills District		ND

Boys U 12 - Discus (750 Gram)

=====			
Zone: Z 47.02m 14/12/2013 Alexander Murdocca, Rouse Hi			
Name	Age Centre		Final
=====			
1 Riley Duncum	Kings Langley		29.01m
2 Xavier Saffy	Winston Hills		27.10m
3 Joshua Cetinic	Hills District		25.97m
4 Declan Abela	Winston Hills		21.54m
5 Rohnan Lindsay	Winston Hills		18.92m
6 Amos Mashiah	Hills District		18.83m
7 Luke Williams	Hills District		17.50m

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 12 - Discus (750 Gram)**

8	Henry Andrews	Winston Hills	17.14m
9	Jett Harper	Hawkesbury City	16.92m
10	Tory Emme	Hawkesbury City	15.25m
11	Brandon Viko	Winston Hills	13.97m
12	Max McCarthy	Hawkesbury City	13.13m
13	Oliver Abraham	Riverstone	12.66m
14	Alex Vella	Hawkesbury City	12.11m
15	Maverick Blunden	Hawkesbury City	8.64m
--	Lachlan Metcalfe	Kings Langley	ND

Boys U 13 - Discus (750 Gram)

Zone: Z 48.00m 13/12/2014 Alexander Murdocca, Rouse Hi

Name	Age Centre	Final
------	------------	-------

1	Benjamin Kasozi	Hills District	46.35m
2	Daniel Kasozi	Hills District	43.25m
3	Isaac Chevalier	Winston Hills	31.92m
4	Roden Dew	Winston Hills	26.02m
5	Max Jackson	Winston Hills	25.86m
6	Liam Connell	Hills District	22.53m
7	Lawson Cunningham	Winston Hills	15.95m
8	Callum Kent	Riverstone	14.83m

Boys U 14 - Discus (1.0 Kg)

Zone: Z 53.70m 5/02/1995 S Novkovic, Winston Hills

Name	Age Centre	Final
------	------------	-------

1	Lachlan Ward	Hawkesbury City	26.28m
2	Jamie Preston	Hills District	26.15m
3	Maxx Rowley	Hills District	24.76m
4	Ben Haaf	Winston Hills	23.93m
5	Lochlan Duncum	Kings Langley	23.46m
6	Jamie King	Hills District	16.41m

Boys U 15 - Discus (1.0 Kg)

Zone: Z 55.88m 30/01/1999 A Walker, Hills

Name	Age Centre	Final
------	------------	-------

1	Daniel de Sacadura	Hills District	54.21m
2	Ilankumaran Murugappan	Kings Langley	34.84m
3	Caleb Knight	Winston Hills	30.31m
4	Zachary Porter	Winston Hills	29.63m
5	Travis Hargrave	Hawkesbury City	28.35m

Boys U 17 - Discus (1.5 Kg)

Zone: Z 45.91m 14/12/2019 Blake Archer, Rouse Hill

Name	Age Centre	Final
------	------------	-------

1	Blake Archer	Rouse Hill Rams	45.91mZ
2	Thomas Colcomb	Rouse Hill Rams	40.15m
3	Jayden Duncum	Kings Langley	39.95m
4	Jay DeCourcy	Hawkesbury City	31.38m
5	Brett Horton	Winston Hills	22.67m
6	Mika Selzer	Hills District	18.22m

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 9-10 Multi Class Discus**

Zone: Z 8.00m 9/12/2018 Levi Douglass, Hawkesbury Cit			
Name	Age	Centre	Final
1 Levi Douglas		Hawkesbury City	7.69m

Boys U 11 - Javelin (400 Gram)

Zone: Z 26.18m 12/12/2015 Aaron Byrne, Winston Hills			
Name	Age	Centre	Final
1 Brayden Thompson		Hills District	24.90m
2 Ethan Tait		Hills District	20.82m
3 William Cetinic		Hills District	19.30m
4 Hugo Waterplas		Rouse Hill Rams	17.78m
5 Douglas Windress		Hills District	17.70m
6 Cooper Finch		Hills District	12.92m
7 Jack McMillan		Winston Hills	12.46m
8 Julian Dreux Corpus		Winston Hills	11.76m
9 Lennox Woodhouse		Hawkesbury City	10.70m
10 Joshua Page		Hills District	10.46m

Boys U 12 - Javelin (400 Gram)

Zone: Z 33.62m 12/12/2015 Blake Archer, Rouse Hill			
Name	Age	Centre	Final
1 Lachlan Metcalfe		Kings Langley	32.12m
2 Amos Mashiah		Hills District	27.56m
3 Declan Abela		Winston Hills	24.72m
4 Riley Duncum		Kings Langley	21.84m
5 Tory Emme		Hawkesbury City	20.82m
6 Rohnan Lindsay		Winston Hills	20.32m
7 Cooper Gravina		Rouse Hill Rams	19.90m
8 Henry Andrews		Winston Hills	19.70m
9 Jonathan du Preez		Rouse Hill Rams	16.14m
10 Brandon Viko		Winston Hills	14.36m
11 Cooper Mills		Rouse Hill Rams	13.46m
12 Oliver Abraham		Riverstone	12.80m
13 Maverick Blunden		Hawkesbury City	6.94m
-- Liam Piggott		Hills District	ND

Boys U 13 - Javelin (600 Gram)

Zone: Z 39.67m 29/01/2004 A Luzi			
Name	Age	Centre	Final
1 Daniel Kasozi		Hills District	37.30m
2 Benjamin Kasozi		Hills District	31.42m
3 Isaac Chevalier		Winston Hills	27.96m
4 Liam Connell		Hills District	15.36m
5 Thomas Laney		Riverstone	14.60m
-- Riley Busst		Hills District	ND

Boys U 14 - Javelin (600 Gram)

Zone: Z 42.08m 7/12/2018 Ilankumaran Murugappan, King			
Name	Age	Centre	Final
1 Jamie King		Hills District	25.19m

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****....Boys U 14 - Javelin (600 Gram)**

2	Lochlan Duncum	Kings Langley	24.87m
3	Jamie Preston	Hills District	10.18m

Boys U 15 - Javelin (700 Gram)

=====			
Zone: Z 42.10m 13/12/2019 Ilankumaran Murugappan, King			
Name	Age	Centre	Final
=====			
1	Ilankumaran Murugappan	Kings Langley	42.10mZ
2	Daniel de Sacadura	Hills District	40.74m
3	Spencer Brown	Hills District	33.67m
4	Travis Hargrave	Hawkesbury City	11.21m

Boys U 17 - Javelin (700 Gram)

=====			
Zone: Z 48.92m 14/12/2019 Jayden Duncum, Kings Langley			
Name	Age	Centre	Final
=====			
1	Jayden Duncum	Kings Langley	48.92mZ
2	Conor Siney	Hills District	41.06m
3	Thomas Colcomb	Rouse Hill Rams	40.70m
4	Jay DeCourcy	Hawkesbury City	38.72m
5	Elijah Shipley	Kings Langley	31.06m

Boys U 9-10 Multi Class Long Jump

=====			
Zone: Z 1.92m 15/12/2019 Levi Douglas, Hawkesbury City			
Name	Age	Centre	Final
=====			
1	Levi Douglas	Hawkesbury City	1.92mZ

Boys U 9-10 Multi Class Shot Put

=====			
Zone: Z 2.83m 14/12/2019 Levi Douglas, Hawkesbury City			
Name	Age	Centre	Final
=====			
1	Levi Douglas	Hawkesbury City	2.83mZ

Boys U 9 - 700 Metre Walk

=====			
Zone: Z 3:51.60 30/01/1998 S Johnstone, Winston Hills			
Name	Age	Centre	Final
=====			

Section 1

1	Patrick Waddington	Winston Hills	4:39.24
2	Jayden Calder	Riverstone	4:51.58
3	Flynn Wilson	Hills District	4:54.52
4	Hayden Free	Hills District	5:04.86
5	Lucas Chandran	Winston Hills	5:11.30
6	Jonah West	Hills District	5:27.56

Boys U 10 - 1100 Metre Walk

=====			
Zone: Z 6:06.36 27/01/2010 L McGrath, Hills			
Name	Age	Centre	Final
=====			
1	Casey Gambrill	Hills District	6:10.35
2	Benjamin Hand	Winston Hills	6:44.82
3	Hayden Greenwood	Hills District	7:41.81

NWmet ZONE TRACK & FIELD CHAMPIONSHIPS**LANSW****Results****Boys U 11 - 1100 Metre Walk**

Zone: Z 5:59.87 27/01/2010 J Glover, Hills			
Name	Age	Centre	Final
1 Keegan Free		Hills District	9:36.19

Boys U 12 - 1500 Metre Walk

Zone: Z 7:25.90 1/01/1983 C Arkins, Hills			
Name	Age	Centre	Final
1 Kane Robson		Hills District	9:28.31
2 Cooper Thorpe		Hills District	9:56.35
3 Jesse Brodrick		Winston Hills	9:59.68
-- Jett Harper		Hawkesbury City	DQ

Boys U 13 - 1500 Metre Walk

Zone: Z 7:23.28 7/12/2018 Brodie Payne, Winston Hills			
Name	Age	Centre	Final
1 Aidan Pospischil		Winston Hills	9:12.20

Boys U 14 - 1500 Metre Walk

Zone: Z 7:44.20 5/02/1993 D Rushworth, Prospect			
Name	Age	Centre	Final
1 Liam Roche		Hills District	8:40.22

Boys U 15 - 1500 Metre Walk

Zone: Z 7:17.50 5/02/1993 A Midgley, Prospect			
Name	Age	Centre	Final
1 Jack Robson		Hills District	7:35.80
2 Brendan Pospischil		Winston Hills	7:37.00
3 Riley Cotter		Hawkesbury City	10:58.74

Boys U 17 - 1500 Metre Walk

Zone: Z 6:50.42 11/12/2015 Jordan Glover, Hills Distri			
Name	Age	Centre	Final
1 Beau Jenkins		Kings Langley	8:48.49
2 Jackson Deane		Hills District	8:57.83
3 Damian Hilton		Hills District	9:50.24